

The Co-op Family Center February 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2/6</p> <p>Breakfast: Cheerios, bananas, milk</p> <p>Lunch: Pan fried noodles, scrambled eggs, broccoli, cantaloupe, milk</p> <p>Snack: Apples, peanut butter, water</p>	<p>2/7</p> <p>Breakfast: Pumpkin waffles, applesauce, milk</p> <p>Lunch: Arroz con queso, pinto beans, sweet potatoes, honeydew, milk</p> <p>Snack: Carrots, celery, dip, milk</p>	<p>2/8</p> <p>Breakfast: Applesauce pancakes, blueberries, milk</p> <p>Lunch: Broccoli cheddar soup, cottage cheese, oyster crackers, watermelon, milk</p> <p>Snack: Cheese cubes, grapes water</p>	<p>2/9</p> <p>Breakfast: Hot quinoa cereal, mixed berries, milk</p> <p>Lunch: Mexican bean and pasta bake, zucchini, pineapple, milk</p> <p>Snack: Smoothies, pretzels, water</p>	<p>2/10</p> <p>Breakfast: Breakfast burritos oranges, milk</p> <p>Lunch: Lasagna, spaghetti squash, pears milk</p> <p>Snack: Zucchini bread, milk</p>
<p>2/13</p> <p>Breakfast: Cornflakes, bananas, milk</p> <p>Lunch: Spaghetti, shredded cheese, green beans, watermelon, milk</p> <p>Snack: Garden spread, triscuits, water</p>	<p>2/14</p> <p>Breakfast: Egg & cheese pita bites, oranges, milk</p> <p>Lunch: Multi bean soup, breadstick, shredded cheese, cantaloupe, milk</p> <p>Snack: Kiwi, grapes & strawberries, dip, milk</p>	<p>2/15</p> <p>Breakfast: French toast, blueberries, milk</p> <p>Lunch: Black bean bake, tortilla roll-ups, sweet potatoes, honeydew, milk</p> <p>Snack: Mandarins, baby bel cheese, water</p>	<p>2/16</p> <p>Breakfast: Yogurt, mixed berries, granola, milk</p> <p>Lunch: Quick bake potatoes, rolls, cheese stick, pears, milk</p> <p>Snack: Peanut butter banana roll-ups, milk</p>	<p>2/17</p> <p>Breakfast: Pumpkin pancakes, applesauce, milk</p> <p>Lunch: Fried rice, tofu bites, broccoli, pineapple, milk</p> <p>Snack: Bran muffins, milk</p>
<p>2/20</p> <p>Breakfast: Corn chex, bananas, milk</p> <p>Lunch: Tomato pasta soup, carrot sticks, cheese stick, cantaloupe, milk</p> <p>Snack: Peanut butter dip, pretzels, water</p>	<p>2/21</p> <p>Breakfast: Yogurt, mixed berries, tortillas, milk</p> <p>Lunch: Grilled cheese, veggie potato salad, watermelon, milk</p> <p>Snack: Kale dip, carrots, water</p>	<p>2/22</p> <p>Breakfast: Scrambled eggs, hash browns, milk</p> <p>Lunch: Mexican rice, black beans, sweet potatoes, pineapple, milk</p> <p>Snack: Blueberry muffins, milk</p>	<p>2/23</p> <p>Breakfast: Cream of wheat, blueberries, milk</p> <p>Lunch: Lentil soup, shredded cheese, cornbread, honeydew, milk</p> <p>Snack: Cheese slices, apples, water</p>	<p>2/24</p> <p>Breakfast: Blueberry pancakes, applesauce, milk</p> <p>Lunch: Easier than lasagna, zucchini, pears, milk</p> <p>Snack: Bean dip, pita chips, water</p>
<p>2/27</p> <p>Breakfast: Kix cereal, bananas, milk</p> <p>Lunch: Baked ziti, spaghetti squash, honeydew, milk</p> <p>Snack: Cheese ball, wheat thins, milk</p>	<p>2/28</p> <p>Breakfast: Egg & cheese muffin bites, oranges, milk</p> <p>Lunch: Cheese quesadilla, pinto beans, zucchini, watermelon, milk</p> <p>Snack: Morning glory muffins, milk</p>	<p>3/1</p> <p>Breakfast: Banana pancakes, mixed berries, milk</p> <p>Lunch: Vegetable soup, cheese stick, rolls, grapes, milk</p> <p>Snack: Celery, raisins, peanut butter, water</p>	<p>3/2</p> <p>Breakfast: Oatmeal, blueberries, milk</p> <p>Lunch: One step rice, green beans, cantaloupe, milk</p> <p>Snack: Yogurt, peaches, water</p>	<p>3/3</p> <p>Breakfast: Potato cheese bites, applesauce, milk</p> <p>Lunch: Chinese vegetable pasta, tofu bites, pineapple, milk</p> <p>Snack: Black bean hummus, homemade tortilla chips, water</p>

The Co-op Family Center is an equal opportunity provider.