


FEBRUARY 2012	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 4)	<b>BOCA RATON DELRAY BEACH LAKE WORTH PAHOKEE</b>		1 <sup>st</sup> 8 oz Non-fat Milk ½ c 100% Apple Juice 1 oz Whole Wheat English Muffin 2.2 oz Grain & Fruit Bar 1 tsp Margarine 1 tsp Sugar Free Jelly	2 <sup>nd</sup> 8 oz Non-fat Milk ½ c Peaches in Juice 3 oz Bagel 1 oz Cream Cheese	3 <sup>rd</sup> 8 oz Non-fat Milk ½ c Mixed Fruit Cup 1 c Cheerios Multigrain .9 oz Whole Wheat Bread ½ c Low-fat Yogurt 1 tsp Sugar Free Jelly
LUNCH	<b>PALM BEACH GARDENS WEST PALM BEACH  NORTH STUART STUART</b>		8 oz Non-fat milk 3 oz Roast Port w/Stuffing ½ c Mashed Potatoes ½ c Peas 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Blackened Sole ½ c Black Beans ½ c Sliced Carrots ½ c White Rice .9 oz Roll 1 tsp Margarine	8 oz Non-fat milk 3 oz Lemon Pepper Chicken ½ c Roasted Red Potatoes ½ c Broccoli 1.8 oz Whole Wheat Bread 1 tsp Margarine
BREAKFAST (Week 1)	6 <sup>th</sup> 8 oz Non-fat Milk 1 ea Apple Fruit 3 oz Bagel 1 oz Cream Cheese	7 <sup>th</sup> 8 oz Non-fat Milk 1 ea Orange Fruit 1 c Cheerios Multigrain Cereal	8 <sup>th</sup> 8 oz Non-fat Milk ½ c 100% Orange Juice 1 oz Whole Wheat English Muffin 1 oz Cereal Bar 1 tsp Margarine 1 tsp Sugar Free Jelly	9 <sup>th</sup> 8 oz Non-fat Milk ½ c Peas in Juice 1 c Toasted Oats .9 oz Whole Wheat Bread 1 tsp Margarine	10 <sup>th</sup> 8 oz Non-fat Milk ½ c 100% Apple Juice 1 oz Bran Muffin 1 oz Granola Bar
LUNCH	8 oz Non-fat milk Chicken Parmigiana (3 oz Chicken, 1 oz Tomato Sauce, 1 oz Cheese) ½ c Green Beans ½ c 100% Orange Juice ½ c Pasta .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Sliced Turkey ½ c Whipped Sweet Potatoes ½ c Carrot Coins 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk Meatloaf (3 oz Ground Beef, 1 oz Tomato Sauce, 1 oz Breadcrumbs ) ½ c Mashed Potatoes ½ c Green Beans 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk Spaghetti & Meatballs 3 oz Grnd Beef ½ c Italian Vegetable & Spinach ½ c Peaches in Juice ½ c Spaghetti w/1 oz Tomato Sauce .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Oven Fried Chicken ½ c Mashed Potatoes ½ c Corn 1.8 oz Whole Wheat Bread 1 tsp Margarine
BREAKFAST (Week 2)	13 <sup>th</sup> 8 oz Non-fat Milk 1 ea Apple Fruit 1 oz Whole Wheat English Muffins 1 c Kix Cereal 1 tsp Margarine 1 tsp Sugar Free Jelly	14 <sup>th</sup> 8 oz Non-fat Milk 1 ea Banana Fruit 1 c Corn Flakes .9 oz Whole Wheat Bread 1 tsp Margarine	15 <sup>th</sup> 8 oz Non-fat Milk 1 ea Orange Fruit 1 oz Bran Muffin 1 oz Cereal/Fruit Bar	16 <sup>th</sup> 8 oz Non-fat Milk ½ c Peaches in Juice 1 c Crispy Rice Cereal .9 oz Whole Wheat Bread 1 tsp Margarine	17 <sup>th</sup> 8 oz Non-fat Milk ½ c 100% Apple Juice 3 oz Bagel 1 oz Cream Cheese
LUNCH	8 oz Non-fat milk 3 oz Lemon Pepper Chicken ½ c Roasted Red Potatoes ½ c Broccoli 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Beef in Stroganoff ½ c Corn & California Vegetables ½ c Pears in Juice ½ c Noodles .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Sole Almandine ½ c Stewed Tomatoes ½ c Twice Baked Potatoe ½ c Noodles 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Veal Marsala w/Mushrooms ½ c Broccoli w/Garlic ½ c Spaghetti ½ c Peaches 1 ea Roll 1 tsp Margarine	8 oz Non-fat milk Chicken Fajitas 3 oz Chicken; ½ c Onions & Peppers ½ c Rice & Black Beans ½ c Key West Vegetables 2 (9 oz) Flour Tortillas 1 tsp Margarine
BREAKFAST (Week 3)	20 <sup>th</sup> 8 oz Non-fat Milk ½ c 100% Orange Juice 1 oz Shredded Wheat .9 oz Whole Wheat Bread 1 tsp Margarine	21 <sup>st</sup> 8 oz Non-fat Milk 1 ea Apple Fruit 1 oz Bran Muffin 1 c Kix Cereal	22 <sup>nd</sup> 8 oz Non-fat Milk 1 ea Orange Fruit 3 oz Bagel 1 oz Cream Cheese	23 <sup>rd</sup> 8 oz Non-fat Milk ½ c Peaches in Juice 1 c Cheerios Multigrain 1 oz Bran Muffin 1 tsp Margarine	24 <sup>th</sup> 8 oz Non-fat Milk ½ c 100% Apple Juice 1 oz Whole Wheat English Muffin 1 oz Granola Bar 1 tsp Margarine 1 tsp Sugar Free Jelly
LUNCH	8 oz Non-fat milk 3 oz Swedish Meatballs ½ c California Medley ½ c Broccoli ½ c White Rice .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Chicken Marsala ½ c Mixed Vegetables ½ c Pears ½ c Bowtie Pasta .9 oz Roll 1 tsp Margarine	8 oz Non-fat milk 3 oz BBQ Riblet ½ c Rissolle Potatoes ½ c Green Peas & Onions 1.8 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk Cheese Ravioli (2 oz Ground Beef, 1 oz Cheese, 1 oz Tomato Sauce) ½ c Green Peas ½ c Yellow Squash ½ c Pasta Ravioli .9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Lemon Chicken Breast ½ c Roasted Corn w/Red Peppers ½ c Twice Baked Potato 1.9 oz Whole Wheat Bread 1 tsp Margarine
BREAKFAST (Week 4)	27 <sup>th</sup> 8 oz Non-fat Milk ½ c 100% Orange Juice 1 oz Whole Wheat English Muffin 1 oz Granola Bar 1 tsp Margarine 1 tsp Sugar Free Jelly	28 <sup>th</sup> 8 oz Non-fat Milk 1 ea Apple Fruit 1 c Shredded Wheat Cereal 1 oz Bran Muffin	29 <sup>th</sup> 8 oz Non-fat Milk ½ c 100% Apple Juice 1 oz Whole Wheat English Muffin 2.2 oz Grain & Fruit Bar 1 tsp Margarine 1 tsp Sugar Free Jelly		
LUNCH	8 oz Non-fat milk 3 oz Shredded Beef (Ropa Vieja) ½ c Oven Brown Potatoes ½ c Carrots 1.9 oz Whole Wheat Bread 1 tsp Margarine	8 oz Non-fat milk 3 oz Eggplant Parmigiana (½ c Eggplant, 3 oz Cheese, 1 oz Tomato) ½ c Spinach ½ c Pineapple Tidbits ½ c Spaghetti 1 tsp Margarine	8 oz Non-fat milk 3 oz Roast Port w/Stuffing ½ c Mashed Potatoes ½ c Peas 1.8 oz Whole Wheat Bread 1 tsp Margarine		

