





# SUPPER MENU FEBRUARY



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>01 Bagel and Shmear</b> Whole Wheat Bagel, 2oz Cream Cheese, 1ea Mozzarella Cheese Stick, 1oz WOW Butter, 1.1oz Celery, 1/2c Grapes, 1/4c 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>02 It's Brunch Time!</b> Hardboiled Egg, 1ea Strawberry Yogurt, 4oz Blueberry Muffin, 2oz Grape Tomatoes, 1/2c Orange, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>
<b>05 Nacho Day</b> Grilled Chicken, 3oz Shredded Cheddar Cheese, 1oz Tortilla Chips, 1.5oz Salsa, 1/2c Pineapple Tidbits, 1/2c Sour Cream Packet, 1oz 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>06 Flatbread Pizza</b> Whole Wheat Flatbread, 2oz Mozzarella Cheese, 2oz Turkey Pepperoni, 1oz Marinara Sauce, 1oz Pepper Slices, 1/4c Pear, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>07 Southwest Wrap</b> Grilled Chicken, 3oz Shredded Cheddar Cheese, 1oz WW Tortilla, 1.5oz Sliced Peppers, 1/4c Corn, 1/4c Apple, 1/2c Taco Sauce, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>08 Chicken Dippers</b> Breaded Chicken Nugget 3oz(5ea) Mozzarella Cheese Stick, 1oz Sun Chips, 1oz Sliced Peppers, 1/2c Fruit Cup, 1/2c BBQ & Ranch Packet, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>09 Orange Breakfast</b> Cheerios, 1oz Peach Yogurt, 4oz Cheese Cubes, 1oz Carrots, 1/2c Orange, 1/2c Ranch Dressing, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>
<b>12 Ham &amp; Cheese on Roll</b> Turkey Ham, 2oz Monterey Jack Cheese, 1oz Pretzel Roll, 2oz Broccoli, 1/2c Orange, 1/2c Ranch Dressing, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>13 Café Turkey Club</b> Sliced Turkey Breast, 2oz Cheddar Cheese, 1oz Whole Wheat Bread, 2oz Carrots, 1/2c Apple, 1/2c Dill Pickle, 1ea Ranch & Mayo Packet, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>14 Build it Day!</b> WW Cinnamon Bagel, 2oz Blueberry Yogurt, 4oz Sunflower Seeds, 1oz Raisins, 1/2c Celery, 1/2c Strawberry Cream Cheese, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>15 Grab &amp; Go</b> Turkey Bites, 1oz Mozzarella Cheese Stick, 1oz Carrots, 1/2c Applesauce Cup, 1/2c Whole Grain Bread Stick, 1oz Ranch Dressing, 1ea 1% White Milk 8oz # of Leftovers <input type="text"/>	<b>16 Sun Butter Sandwich</b> Sun Butter Sandwich, 2.8oz Mozzarella Cheese Stick, 1oz Carrots, 1/2c Pear, 1/2c Pretzel, .75oz 1% White Milk, 8oz # of Leftovers <input type="text"/>
<b>19</b>  <b>NO MEALS DELIVERED</b>	<b>20 Turkey Croissant</b> Sliced Turkey Breast, 2.5oz Colby Jack Cheese, .75oz Whole Grain Croissant, 2oz Carrots, 1/2c Fruit Cup, 1/2c Mustard & Mayo Packet, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>21 Bagel and Shmear</b> Whole Wheat Bagel, 2oz Cream Cheese, 1ea Mozzarella Cheese Stick, 1oz WOW Butter, 1.1oz Celery, 1/2c Grapes, 1/4c 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>22 It's Brunch Time!</b> Hardboiled Egg, 1ea Strawberry Yogurt, 4oz Blueberry Muffin, 2oz Grape Tomatoes, 1/2c Orange, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>23 Cracker Stacker</b> Beef Salami, 1oz Cheddar Cheese, 1oz Whole Grain Crackers, 1oz (4pk) Carrots, 1/2c Pineapple Tidbits, 1/2c Ranch & Mustard Packet, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>
<b>26 Flatbread Pizza</b> Whole Wheat Flatbread, 2oz Mozzarella Cheese, 2oz Turkey Pepperoni, 1oz Marinara Sauce, 1oz Pepper Slices, 1/4c Pear, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>27 Southwest Wrap</b> Grilled Chicken, 3oz Shredded Cheddar Cheese, 1oz WW Tortilla, 1.5oz Sliced Peppers, 1/4c Corn, 1/4c Apple, 1/2c Taco Sauce, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>28 Chicken Dippers</b> Breaded Chicken Nugget 3oz(5ea) Mozzarella Cheese Stick, 1oz Sun Chips, 1oz Broccoli, 1/2c Fruit Cup, 1/2c BBQ & Ranch Packet, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	<b>29 Orange Breakfast</b> Cheerios, 1oz Peach Yogurt, 4oz Cheese Cubes, 1oz Carrots, 1/2c Orange, 1/2c Ranch Dressing, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	

**\*\* Use the boxes to help you keep track of your leftovers \*\***

Contact Joy Prospal at (630) 443-6910 x177 to adjust your delivery amounts so that you are able to use up all of your leftovers.