



TAMAQUA



FEBUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Assorted Cereal Juice/Milk Breaded Chicken Brown Rice Steamed Broccoli Choice of Fruit	3 French Toast Sticks Juice/Milk Cheese Ravioli Garden Salad WG Roll Steamed Corn Choice of Fruit	4 Yogurt/Mini Loaf Juice/Milk Chicken Cruncher Baby Cake Potatoes Baked Beans Choice of Fruit	5 Waffle w/Syrup Juice/Milk Baked Cheese Pizza Tortilla Chips Mixed Vegetables Choice of Fruit	6  PROGRAM CLOSED
9 Assorted Cereal Juice/Milk Breaded Chicken Mashed Potatoes Steamed Corn Choice of Fruit	10 Pancakes w/Syrup Juice/Milk Taco Tuesday Tortilla Chips Cheese & Salsa Rice Green Beans Choice of Fruit	11 Yogurt/Mini Loaf Juice/Milk Butter Pierogis String Cheese WG Roll Carrots Choice of Fruit	12 Egg & Cheese Sandwich Juice/Milk Beef Cheesesteak WG Roll French Fries Steamed Broccoli Choice of Fruit	13 Assorted Cereal Juice/Milk Mac & Cheese Breaded Chicken Stewed Tomatoes Choice of Fruit
16  PROGRAM CLOSED	17 French Toast Sticks Juice/Milk Meatballs w/Sauce Buttered Pasta Steamed Corn Choice of Fruit	18 Yogurt/Mini Loaf Juice/Milk Cheese Pizza Garden Salad Steamed Broccoli Choice of Fruit	19 Dutch Waffle Juice/Milk Hamburger on a Bun French Fries Mixed Vegetables Choice of Fruit	20 Assorted Cereal Juice/Milk Chicken Taco Rice, Cheese, Salsa Refried Beans Choice of Fruit
23 Assorted Cereal Juice/Milk Breaded Chicken Brown Rice Steamed Broccoli Choice of Fruit	24 Waffle w/Syrup Juice/Milk Hot Ham & Cheese Pretzel Roll WG Chips Steamed Peas Choice of Fruit	25 Yogurt/Mini Loaf Juice/Milk Pasta w/Meatballs WG Roll Cheese Steamed Carrots Choice of Fruit	26 Pancakes w/Syrup Juice/Milk Chicken Patty on a Bun Baby Cake Potatoe Green Beans Choice of Fruit	27 Assorted Cereal Juice/Milk Cheesy Breadsticks Dipping Sauce Garden Salad Kidney Beans Choice of Fruit
All meals are served with 1% unflavored milk; juice is 100% pasteurized; yogurt contains no more than 23 grams of sugar per 6 ounce serving; cereal contains no more than 6 grams of sugar per dry ounce.				Menu Subject to Change