



# February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pancakes & Fruit Chicken Nuggets Peas & Fruit Ritz Crackers Ham & Cheese Sandwhich Green Beans & Fruit	2 Biscuits & Fruit Chicken & Wheat Roll Corn & Fruit Gold Fish Grilled Cheese Broccoli & Fruit	3 Cheerios & Fruit Turkey & Cheese Wrap Peas & Fruit Animal Crackers Pepperoni Pizza Corn & Fruit
6 BelVita Biscuits & Fruit Vermicelli & Ground Beef Corn & Fruit Honey Nut Cheerios Bean & Cheese Taco & Fruit	7 French Toast & Fruit Spaghetti & Meat Balls Green Beans & Fruit Graham Crackers Cheese Quesadilla Corn & Fruit	8 Pancakes & Fruit Chicken Nuggets Peas & Fruit Ritz Crackers Ham & Cheese Sandwhich Green Beans & Fruit	9 Biscuits & Fruit Chicken & Wheat Roll Corn & Fruit Gold Fish Grilled Cheese Broccoli & Fruit	10 Cheerios & Fruit Turkey & Cheese Wrap Peas & Fruit Animal Crackers Pepperoni Pizza Corn & Fruit
13 BelVita Biscuits & Fruit Vermicelli & Ground Beef Corn & Fruit Honey Nut Cheerios Bean & Cheese Taco & Fruit	14 French Toast & Fruit Spaghetti & Meat Balls Green Beans & Fruit Graham Crackers Cheese Quesadilla Corn & Fruit	15 Pancakes & Fruit Chicken Nuggets Peas & Fruit Ritz Crackers Ham & Cheese Sandwhich Green Beans & Fruit	16 Biscuits & Fruit Chicken & Wheat Roll Corn & Fruit Gold Fish Grilled Cheese Broccoli & Fruit	17 Cheerios & Fruit Turkey & Cheese Wrap Peas & Fruit Animal Crackers Pepperoni Pizza Corn & Fruit
20 BelVita Biscuits & Fruit Vermicelli & Ground Beef Corn & Fruit Honey Nut Cheerios Bean & Cheese Taco & Fruit	21 French Toast & Fruit Spaghetti & Meat Balls Green Beans & Fruit Graham Crackers Cheese Quesadilla Corn & Fruit	22 Pancakes & Fruit Chicken Nuggets Peas & Fruit Ritz Crackers Ham & Cheese Sandwhich Green Beans & Fruit	23 Biscuits & Fruit Chicken & Wheat Roll Corn & Fruit Gold Fish Grilled Cheese Broccoli & Fruit	24 Cheerios & Fruit Turkey & Cheese Wrap Peas & Fruit Animal Crackers Pepperoni Pizza Corn & Fruit
27 BelVita Biscuits & Fruit Vermicelli & Ground Beef Corn & Fruit Honey Nut Cheerios Bean & Cheese Taco & Fruit	28 French Toast & Fruit Spaghetti & Meat Balls Green Beans & Fruit Graham Crackers Cheese Quesadilla Corn & Fruit			

We love sharing healthy recipe for you and your family to try! Take a picture and tag us on social media @learnrgv

## Chocolate Covered Strawberries

### Ingredients:

- 12 large long-stemmed strawberries, room temperature
- ¼ cup (54g) roughly chopped dark chocolate

### Instructions:

1. Line a baking sheet with wax paper.
2. Wash and dry the strawberries.
3. Place the dark chocolate into a microwave-safe bowl. Microwave on HIGH for 30 seconds. Stir for 1 minute. Continue to heat for 10-second intervals, stirring for 1 minute between each, until the chocolate has completely melted.
4. Dip each strawberry in melted chocolate. Place back onto the wax paper. Repeat with the remaining chocolate and strawberries.
5. Once all 12 strawberries have been coated, place them in the refrigerator for 15-20 minutes & enjoy!

\*Breakfast, Lunch, PM Snack, & Supper are all served with milk.

\*Whole milk is served to children ages 1 to 2 years. Low-fat milk is served to children over 2.

\*Water is available with every meal & throughout the day.

\*Fruit selection is based on seasonal availability.