

-2024-

FEBRUARY

THURSDAY

FRIDAY

1
French Toast
with Syrup
Pears

2
Cheese Omelet
Muffin
Applesauce

MONDAY

TUESDAY

WEDNESDAY

5
Poptart
Yogurt
Pineapple

6
Cereal
Cheese Stick
Pears

7
Apple Frudel Stick
Yogurt
Baked Apples

8
Pancake and
Sausage Sandwich
Pears

9
Biscuit and Gravy
Peaches

12
Nutri-Grain Bar
Yogurt
Mixed Fruit

13
Cereal
Cheese Stick
Pears

14
Cinnamon Frudel
Stick
Yogurt
Mixed Fruit

15
French Toast with
Syrup
Peaches

16
Cheese Omelet
Muffin
Applesauce

19
NO SCHOOL
President's Day

20
Cereal
Cheese Stick
Mandarin Oranges

21
Apple Frudel Stick
Yogurt
Mixed Fruit

22
Pancake and
Sausage Sandwich
Peaches

23
Biscuit and Gravy
Applesauce

26
Nutri-Grain Bar
Yogurt
Mixed Fruit

27
Cereal
Cheese Stick
Pears

28
Cinnamon Frudel
Stick
Yogurt
Applesauce

29
French Toast with
Syrup
Mixed Fruit

LJSH BREAKFAST
20 Days

3 MEAL COMPONENTS
AT LEAST 3

-2024-

FEBRUARY

THURSDAY

FRIDAY

1

Sliced Ham
Scallop Potatoes
Green Bean Cass.
Applesauce

2

Sweet and Sour
Popcorn Chicken
over Rice
Egg Roll
Broccoli
Pineapple

MONDAY

TUESDAY

WEDNESDAY

8

Chicken Enchilada
Corn
Salad
Peach Crisp

9

Pizza
Carrots
Salad
Mixed Fruit

5

Rib or Meatloaf on
Bun
Sweet Potato Fries
Cauliflower
Pears

6

BBQ Meatballs
Cheesy Hashbrown
Casserole
Green Bean Cass.
Baked Apples

7

Toasted Ravs
Breaded Cheese
Sticks w/Marinara
Salad
Pears

12

Chicken Patty on
Bun
Chips and Salsa
Broccoli
Pears

13

Hot Pork Tenderloin
on Bread
Mash Potatoes and
Gravy
Peas
Mixed Fruit

14

Grilled Cheese
Potato Soup
Carrot Sticks
Peaches

15

Spaghetti with
Meat Sauce
Salad
Green Beans
Applesauce

16

Fish Sticks
Mashed Potatoes
Baked Beans
Mandarin Oranges

19

NO SCHOOL
President's Day

20

Chicken and Gravy
over Biscuit
Mashed Potatoes
with Gravy
Peas
Mixed Fruit

21

Corn Dog
Tator Puffs
Baked Beans
Peaches

22

Tacos
Corn
Applesauce

23

Pizza
Carrots
Salad
Mixed Fruit

26

Hamburger on Bun
Fries
Baked Beans
Pears

27

Chicken Strips and
Pasta Alfredo
Broccoli
Cole Slaw
Applesauce

28

Hot Ham and
Cheese on Bun
Tri Tator
Yellow Beans
Mixed Fruit

29

Country Fried Steak
Mashed Potatoes
and Gravy
Corn
Peaches

LJSH LUNCH
20 Days