

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Hard Boiled Egg, Toast Apple, Milk 28 Lunch Grilled Cheese Bread, Salad Apple, Milk	Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk 29 Lunch Beef Taco Platter, Bean Taco Platter Rice, Pinto Bean Orange, Milk	Breakfast Oatmeal Cinamon Apple, Milk 30 Lunch Beef Mac & Cheese, Mac & Cheese Cauliflower Orange, Milk	Breakfast Seasonal Baked Good CK Fruit Salad, Milk 31 Lunch Lemon Pepper Chicken, Tofu Rice, Broccoli, Mandarin, Milk	Breakfast Scrambled Eggs, Toast Apple, Milk 1 Lunch Pizza Bread Cheese, Bread, PCK Romaine Slaw Mandarin, Milk
Breakfast Hard Boiled Egg, Toast Apple, Milk 4 Lunch Pasta Marinara with Cheese Broccoli Apple, Milk	Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk 5 Lunch Nachos with Beans Cheese, Corn Chips, Pinto Bean Mandarin, Milk	Breakfast Seasonal Baked Good, Yogurt Orange, Milk 6 Lunch Korean Beef Bowl, Veggie Bowl Brown Jasmine Rice, Cauliflower Cauliflower, Milk	Breakfast Cereal Apple, Milk 7 Lunch Shepards Pie, Veggie Pie Toast, Mashed Potato Apple, Milk	Breakfast Scrambled Eggs, Toast CK Fruit Salad, Milk 8 Lunch Hot Dogs, Veggie Burger Hot Dog Bun, Carrot Stick Orange, Milk
Breakfast Hard Boiled Egg, Toast CK Fruit Salad, Milk 11 Lunch Vegetable Curry, Tofu Brown Jasmine Rice, Assorted Vegetables Mandarin, Milk	Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk 12 Lunch Bean and Cheese Burrito Tortilla, Pinto Bean Mandarin, Milk	Breakfast Oatmeal Cinamon Apple, Milk 13 Lunch Grilled Cheese Bread, Potato Apple, Milk	Breakfast Cereal Orange, Milk 14 Lunch Turkey Noodle Soup, Pasta, Assorted Vegetables Pear, Milk	Breakfast Scrambled Eggs, Toast Apple, Milk 15 Lunch Beef Bolognaise Pasta, Marinara Carrot Stick Orange, Milk
18	19	20	21	22
Mid Winter Break				
Breakfast Hard Boiled Egg, Toast Orange, Milk 25 Lunch Mac and Cheese Broccoli Apple, Milk	Breakfast Yogurt Parfait, Granola Apple, Milk 26 Lunch Beef Taco Platter, Bean Taco Platter Rice, Pinto Bean Orange, Milk	Breakfast Oatmeal Cinamon Apple, Milk 27 Lunch Veg Chili with Cheese Corn Bread, Assorted Vegetable Orange, Milk	Breakfast Seasonal Baked Good, Yogurt Orange, Milk 28 Lunch Chicken Parmesan Pasta, Cauliflower Banana, Milk	Breakfast Scrambled Eggs, Toast Orange, Milk 1 Lunch Cheese Burger Hamburger Bun, Cauliflower Apple, Milk



WILLOW CREEK ACADEMY

Meals will be prepared with fresh local organic seasonal sustainable and non gmo ingredients as best we can.
 Substitutions may occur based on availability of ingredients.

