

Little Inspirations Monthly Menu- February 2022

	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
February 1 st -4 th Week 5	Breakfast		Egg Cup Toast Banana	French Toast Bites Pears	Biscuit and Jelly Apples	English Muffin Peaches
	Lunch		Chicken Pot Pie Biscuits Carrots Banana	Pizza Casserole Broccoli Oranges	Cheese Quesadilla Refried beans Pineapple	Chicken Fiesta Mac Green beans Assorted Fruit
	P.M. Snack		Ranch Oyster crackers Apples	Cheesy Bread	Teddy Grahams Cottage Cheese	Cinnamon Cream Cheese Tortilla
February 7 th - 11 th Week 6	Breakfast	Banana Oatmeal Tropical Fruit	Ham and Cheese Egg Bake Mandarin Oranges	French Toast Sticks banana	Hash Browns Sausage Links	Breakfast Rounds Assorted Fruit
	Lunch	Sloppy Joe broccoli Peaches	Chicken and Gravy Mashed Potatoes Corn Fruit Cocktail	Hamburger Tater Tots Pears	English Muffin Pizza Peas Banana	Turkey Sandwich Green Beans Assorted Fruit
	P.M. Snack	Carrot Sticks Ranch Dip	Pizza Stick	Graham Crackers Applesauce	Cheese Burrito	Goldfish Cheese cubes
February 14 th -18 th Week 1	Breakfast	Oatmeal Bars Apples	Breakfast Pizza Diced Potatoes	French Toast Apples	Biscuits and Gravy Blueberries	Potato Pancakes Apple Sauce
	Lunch	Chicken Sandwich Green Beans Pears	Bean and Cheese Burrito Corn Fruit Cocktail	Beef Stroganoff Carrots Pineapple	Teriyaki Chicken Rice California Veggies Mandarin Oranges	Grilled Cheese Tomato Soup Assorted Fruit
	P.M. Snack	Cheese-its String Cheese	Cottage Cheese crackers	Bagels with Cream Cheese	Trail Mix Apples	Vanilla Wafers Yogurt
February 21 st - 25 th Week 2	Breakfast	Fruit Muffins Banana	Egg Wraps Oranges	Pancakes Banana	English Muffin with Cream Cheese Fruit Cocktail	Cinnamon Toast Peaches
	Lunch	Patty Melt Hot Dish Broccoli/ Cauliflower Apples	Hot Dogs Baked Beans Pears	Chicken Cordon Blue Casserole Carrots Oranges	Soft Shell Tacos Corn Pineapple	Chicken Nuggets Tater Tots Assorted Fruit
	P.M. Snack	Corndog Bread	Pretzels Applesauce	Ritz Crackers Cheese Slices	Rice Krispies Milk	Egg Salad Crackers
February 28 th Week 3	Breakfast	Bagels with Cream Cheese Bananas				
	Lunch	Meatball Sub Green Beans Pears				
	P.M. Snack	String Cheese Saltines				

Milk is served with breakfast and lunch daily