

February BEACON COLLEGE PREP



Monday

BREAKFAST: Fruit and Juice
Cereal and Milk

LUNCH: Chicken Ropa Vieja
Taco Tortilla
Refried Beans
Corn
Fruit and Milk

SNACK: Goldfish Crackers and Juice

03

Tuesday

BREAKFAST: Fruit and Juice
Pancake w/ syrup
and Milk

LUNCH: Mac & Cheese
Steam Carrots
Fruit
Milk

SNACK: Chocolate Chip Cookie and Juice

04

Wednesday

BREAKFAST: Fruit and Juice
Biscuit w/ jelly
Milk

LUNCH: Chicken Nuggets w/ ketchup
Brown Rice
Green Peas
Fruit and Milk

SNACK: Cheez-it and Juice

05

Thursday

BREAKFAST: Fruit and Juice
WG Waffle w/ syrup
Milk

LUNCH: Arroz con Pollo Criollo w/ Corn
Mixed Vegetables
Bread Roll
Fruit and Milk

SNACK: Graham Crackers and Juice

06

Friday

BREAKFAST: Fruit and Juice
Scrambled Egg
Sliced Bread
Milk

LUNCH: Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK: Pretzel and Juice

07

BREAKFAST: Fruit and Juice
Cereal And Milk

LUNCH: Chicken Patty-
Brown Rice
Corn
Steam Carrots
Fruit and Milk

SNACK: Doritos and Juice

10

BREAKFAST: Fruit and Juice
Sliced Bread w/ butter
Sliced Ham and Milk

LUNCH: Special Turkey Taco
Corn
Refried Beans
Fruit and Milk

SNACK: Oatmeal Cookie and Juice

11

BREAKFAST: Fruit and Juice
Boiled Egg
Biscuit and Milk

LUNCH: Beefaroni
Peas and Carrots
Bread Roll
Fruit and Milk

SNACK: Graham Crackers and Juice

12

BREAKFAST: Fruit and Juice
Pancake w/ syrup
Milk

LUNCH: Honey Chicken
Brown Rice
Mixed Vegetables
Fruit and Milk

SNACK: Lays Chips and Juice

13

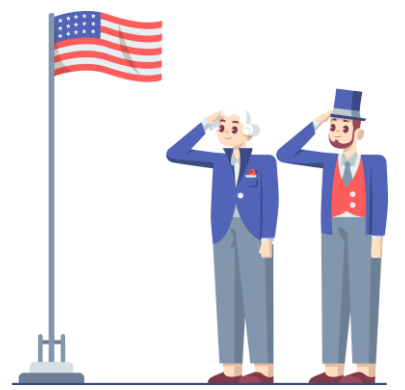
BREAKFAST: Fruit and Juice
English Muffin w/ butter
Milk

LUNCH: Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK: Goldfish Crackers and Juice

14

PRESIDENT'S DAY



17

BREAKFAST: Fruit and Juice
Cereal
Milk

LUNCH: Cheeseburger w/ ketchup and Mayo
Hamburger Bun
Sliced Carrots
Fruit and Milk

SNACK: Cheez-it Crackers and Juice

18

BREAKFAST: Fruit and Juice
Waffle w/ syrup
Milk

LUNCH: Corn Dog
Green Peas
Corn
Fruit and Milk

SNACK: Pretzels and Juice

19

BREAKFAST: Fruit and Juice
Cinnamon Raisin Bread w/ butter
Milk

LUNCH: Maccaroni & Cheese
Steam Carrots
Fruit and Milk

SNACK: Animal Crackers and Juice

20

BREAKFAST: Fruit and Juice
Pancake w/ syrup
Milk

LUNCH: Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK: Chips and Juice

21

February BEACON COLLEGE PREP



Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST: 24
Fruit and Juice
Cereal and Milk

LUNCH:
Chicken Nuggets w/ Ketchup
Brown Rice
Steam Carrots
Black Beans
Fruit and Milk

SNACK:
Oatmeal Cookie and Juice

BREAKFAST: 25
Fruit and Juice
Biscuit w/ butter
and Milk

LUNCH:
Ground Turkey
Nacho Chips
Corn and Lettuce
Fruit and Milk

SNACK:
Pretzels and Juice

BREAKFAST: 26
Red Apple
Scrambled Egg
Sliced Bread and Milk

LUNCH:
Chicken Patty
Brown Rice
Carrots
Corn
Pears and Milk

SNACK:
Lays Chips and Juice

BREAKFAST: 27
Fruit and Juice
English Muffin w/ butter
And Milk

LUNCH:
Oriental Fried Rice
Mixed Vegetables
Fruit and Milk

SNACK:
Goldfish Crackers and Juice

BREAKFAST: 28
Fruit and Juice
Sliced Bread w/ soynut butter and jelly
And Milk

LUNCH:
Pizza
Mixed Green Salad w/ Ranch
Fruit and Milk

SNACK:
Graham Crackers and Juice

