

Menus for February 2012

Helen Wilcox Wild Cat Roar Café



We've got your milk choices covered for every meal!

Nonfat White
Lowfat White
Lowfat Chocolate

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Available Daily

Cold Cereal, Graham Crackers, Yogurt, Pop Tarts, Assorted Juice, Milk & fresh fruit

Monday

Oatmeal

Tuesday

Pop Tarts

Wednesday

Pancake Sausage

Sticks

Thursday

Cold Cereal

Friday

Eggs

Wed, February 1

Lunch

Chicken Nuggets
Or PB&J
Baby Carrots
Fresh Bananas
Sun Chips

Snack

Juice & Seeds

Thurs., February 2

Lunch

Nachos
Beans & Cheese
Or PB&J
Baby Carrots
Shape ups

Snack

Pop Tarts & Milk

Friday, February 3

Lunch

Pizza
Or PB&J
Veggie Sticks
Fruit Cup

Snack

Yogurt & Scooby Snacks

Monday, February 6

Lunch

Beef Hot Dogs
Or PB&J
Veggie Bar
Rosy Applesauce

Snack

Juice & Snack Mix

Tuesday, February 7

Lunch

Turkey & Cheese Subs
Lettuce
Or PB&J
Baby Carrots
Bananas

Snack

Milk & Crackers

Wed., February 8

Lunch

Taco Salad
Or PB&J
Baby Carrots
Apples

Snack

Apples & Cheese

Thurs., February 9

Lunch

Chicken Nuggets
Seasoned Mashed Potatoes
Or PB&J
Fresh Fruit Bar Crackers

Snack

Juice & Seeds

Friday, February 10

Lunch

Pizza
Or PB&J
Veggie Sticks
Fruit Cup

Snack

Milk & Crackers