

Monthly Meal Plan							
^ denotes as vegetarian meal and # as gluten friendly meal.							
Date	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
February 03 (Monday)	Mac & Cheese ^	Cheesy Beef Burger + Hashbrown	Bacon.Egg Sandwich	Beef Hot Dog + French Fries	Chicken in Garlic & Green.Onion Sauce + White Rice	Caesar Salad with Cheddar cheese + Pita Bread ^	Tuna Onigiri Rice Balls + Edamame Beans #
February 04 (Tuesday)	Chicken Pasta + White Sauce	Egg Fried Rice ^ #	Baked Chicken Strips + French Fries	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	Sushi Rice Sandwich with Ham.Egg.Bacon #	Cucumber Rolls + Edamame Beans ^ #	Chicken Dumplings + Dry Wheat Noodle
February 05 (Wednesday)	Mac & Cheese + Shredded Chicken	Beef Burger + Hashbrown	Bacon.Egg.Sausage Wrap + Cheese Perogies	Turkey.Cheese Sandwich	Chicken Hot Dog + French Fries	Chicken Dumplings + Vegetables	Baked Chicken Nuggets + Bun
February 06 (Thursday)	Meatball Pasta + Tomato Sauce	Egg.Ham Fried Rice	Baked Cheesy Chicken Quesadillas + Cheese Perogies	English Muffin with Ham.Cheese + Cheese Perogies	Chicken in Garlic & Green.Onion Sauce + Dry Wheat Noodle	Baked Fish Rolls + Edamame Beans	Mini Cheese Pizza Slices ^
February 07 (Friday)	Mac & Cheese ^	Chicken Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Ham.Egg Sandwich	Chicken in Teriyaki Sauce + White Rice	Chicken Caesar Salad with Cheddar cheese + Pita Bread	Baked Chicken Nuggets + French Fries
February 10 (Monday)	Chicken Pasta + White Sauce	Egg.Chicken Fried Rice	Baked Chicken Strips + Bun	English Muffin with Turkey.Egg + Cheese Perogies	Chicken in Garlic & Vineger Sauce + Dry Wheat Noodle	Tamago (Egg) Rolls + Edamame Beans ^ #	Two Chicken Hot Dogs
February 11 (Tuesday)	Mac & Cheese + Shredded Chicken	Cheesy Beef Burger + Hashbrown	Bacon.Egg Sandwich	Beef Hot Dog + French Fries	Chicken in Garlic & Green.Onion Sauce + White Rice	Caesar Salad with Cheddar cheese + Pita Bread ^	Tuna Onigiri Rice Balls + Edamame Beans #
February 12 (Wednesday)	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Baked Chicken Strips + French Fries	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	Sushi Rice Sandwich with Ham.Egg.Bacon #	Cucumber Rolls + Edamame Beans ^ #	Chicken Dumplings + Dry Wheat Noodle
February 13 (Thursday)	Mac & Cheese ^	Beef Burger + Hashbrown	Bacon.Egg.Sausage Wrap + Cheese Perogies	Turkey.Cheese Sandwich	Chicken Hot Dog + French Fries	Chicken Dumplings + Vegetables	Baked Chicken Nuggets + Bun
February 14 (Friday)	Chicken Pasta + White Sauce	Egg.Ham Fried Rice	Baked Cheesy Chicken Quesadillas + Cheese Perogies	English Muffin with Ham.Cheese + Cheese Perogies	Chicken in Garlic & Green.Onion Sauce + Dry Wheat Noodle	Baked Fish Rolls + Edamame Beans	Mini Cheese Pizza Slices ^
February 18 (Tuesday)	Chicken Pasta + White Sauce	Egg.Chicken Fried Rice	Baked Chicken Strips + Bun	English Muffin with Turkey.Egg + Cheese Perogies	Chicken in Garlic & Vineger Sauce + Dry Wheat Noodle	Tamago (Egg) Rolls + Edamame Beans ^ #	Two Chicken Hot Dogs
February 19 (Wednesday)	Mac & Cheese + Shredded Chicken	Chicken Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Ham.Egg Sandwich	Chicken in Teriyaki Sauce + White Rice	Chicken Caesar Salad with Cheddar cheese + Pita Bread	Baked Chicken Nuggets + French Fries
February 20 (Thursday)	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Baked Chicken Strips + French Fries	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	Sushi Rice Sandwich with Ham.Egg.Bacon #	Cucumber Rolls + Edamame Beans ^ #	Chicken Dumplings + Dry Wheat Noodle
February 21 (Friday)	Mac & Cheese ^	Cheesy Beef Burger + Hashbrown	Bacon.Egg Sandwich	Beef Hot Dog + French Fries	Chicken in Garlic & Green.Onion Sauce + White Rice	Caesar Salad with Cheddar cheese + Pita Bread ^	Tuna Onigiri Rice Balls + Edamame Beans #
February 24 (Monday)	Chicken Pasta + White Sauce	Egg.Ham Fried Rice	Baked Cheesy Chicken Quesadillas + Cheese Perogies	English Muffin with Ham.Cheese + Cheese Perogies	Chicken in Garlic & Green.Onion Sauce + Dry Wheat Noodle	Baked Fish Rolls + Edamame Beans	Mini Cheese Pizza Slices ^
February 25 (Tuesday)	Mac & Cheese + Shredded Chicken	Beef Burger + Hashbrown	Bacon.Egg.Sausage Wrap + Cheese Perogies	Turkey.Cheese Sandwich	Chicken Hot Dog + French Fries	Chicken Dumplings + Vegetables	Baked Chicken Nuggets + Bun
February 26 (Wednesday)	Chicken Pasta + White Sauce	Egg.Chicken Fried Rice	Baked Chicken Strips + Bun	English Muffin with Turkey.Egg + Cheese Perogies	Chicken in Garlic & Vineger Sauce + Dry Wheat Noodle	Tamago (Egg) Rolls + Edamame Beans ^ #	Two Chicken Hot Dogs
February 27 (Thursday)	Mac & Cheese ^	Chicken Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Ham.Egg Sandwich	Chicken in Teriyaki Sauce + White Rice	Chicken Caesar Salad with Cheddar cheese + Pita Bread	Baked Chicken Nuggets + French Fries
February 28 (Friday)	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Baked Chicken Strips + French Fries	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	Sushi Rice Sandwich with Ham.Egg.Bacon #	Cucumber Rolls + Edamame Beans ^ #	Chicken Dumplings + Dry Wheat Noodle