

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
FEB 1 (Thur)	Mac & Cheese + Bacon Bits	Chicken Burger + Hashbrown (ketchup packet)	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	2 Big Beef Onigiri Rice Balls + Edamame Beans (soya sauce packet)
FEB 2 (Fri)	Meatball Pasta + Tomato Sauce	Baked Chicken Strips + French Fries (ketchup packet)	Egg Fried Rice ^ #	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
FEB 5 (Mon)	Mac & Cheese ^	Beef Burger + Hashbrown (ketchup packet)	Baked Chicken Wrap + Cheese Perogies	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
FEB 6 (Tue)	Chicken Pasta + White Sauce (with carrot/onion)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)	Egg & Ham Fried Rice	Turkey & Cheese Sandwich	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Greek Salad (with Feta cheese) + Pita Bread ^
FEB 7 (Wed)	Mac & Cheese + Bacon Bits	Chicken Burger + Hashbrown (ketchup packet)	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	2 Big Beef Onigiri Rice Balls + Edamame Beans (soya sauce packet)
FEB 8 (Thur)	Meatball Pasta + Tomato Sauce	Baked Chicken Strips + French Fries (ketchup packet)	Egg Fried Rice ^ #	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
FEB 9 (Fri)	Mac & Cheese ^	Beef Burger + Hashbrown (ketchup packet)	Baked Chicken Wrap + Cheese Perogies	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
FEB 12 (Mon)	Chicken Pasta + White Sauce (with carrot/onion)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)	Egg & Ham Fried Rice	Turkey & Cheese Sandwich	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Greek Salad (with Feta cheese) + Pita Bread ^
FEB 13 (Tue)	Mac & Cheese + Bacon Bits	Chicken Burger + Hashbrown (ketchup packet)	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	2 Big Beef Onigiri Rice Balls + Edamame Beans (soya sauce packet)
FEB 14 (Wed)	Meatball Pasta + Tomato Sauce	Baked Chicken Strips + French Fries (ketchup packet)	Egg Fried Rice ^ #	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
FEB 15 (Thur)	Mac & Cheese ^	Beef Burger + Hashbrown (ketchup packet)	Baked Chicken Wrap + Cheese Perogies	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
FEB 20 (Tue)	Chicken Pasta + White Sauce (with carrot/onion)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)	Egg & Ham Fried Rice	Turkey & Cheese Sandwich	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Greek Salad (with Feta cheese) + Pita Bread ^
FEB 21 (Wed)	Mac & Cheese + Bacon Bits	Chicken Burger + Hashbrown (ketchup packet)	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	2 Big Beef Onigiri Rice Balls + Edamame Beans (soya sauce packet)
FEB 22 (Thur)	Meatball Pasta + Tomato Sauce	Baked Chicken Strips + French Fries (ketchup packet)	Egg Fried Rice ^ #	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
FEB 23 (Fri)	Mac & Cheese ^	Beef Burger + Hashbrown (ketchup packet)	Baked Chicken Wrap + Cheese Perogies	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
FEB 26 (Mon)	Chicken Pasta + White Sauce (with carrot/onion)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)	Egg & Ham Fried Rice	Turkey & Cheese Sandwich	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Greek Salad (with Feta cheese) + Pita Bread ^
FEB 27 (Tue)	Mac & Cheese + Bacon Bits	Chicken Burger + Hashbrown (ketchup packet)	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	2 Big Beef Onigiri Rice Balls + Edamame Beans (soya sauce packet)
FEB 28 (Wed)	Meatball Pasta + Tomato Sauce	Baked Chicken Strips + French Fries (ketchup packet)	Egg Fried Rice ^ #	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
FEB 29 (Thur)	Mac & Cheese ^	Beef Burger + Hashbrown (ketchup packet)	Baked Chicken Wrap + Cheese Perogies	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread