



# February 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank calendar cell for Monday.

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Bananas  
Donut Holes  
Milk **01**

Cantaloupe\*  
Cheez Its  
Juice Box **02**

Carrots  
Cheez Its  
Juice Box **05**

Orange Slices\*  
Muffin  
Milk **06**

Diced Pears\*  
Juice Box  
String Cheese **07**

Yogurt  
Graham Crackers\*  
Milk **08**

Celery w/ Ranch\*  
Juice Box  
Pretzels **09**

Blueberries\*  
Donut Holes  
Milk **12**

Applesauce  
Juice Box  
Elf Grahams **13**

Banana  
Bug Bites  
Chocolate Milk **14**

Pretzel Fish  
String Cheese  
Juice Box **15**

Carrots  
Nutrigrain Bar  
Milk **16**

President's Day **19**

Applesauce  
Elf Grahams  
Milk **20**

Yogurt  
Graham Crackers\*  
Milk **21**

Rainbow Fish  
Raisins  
Juice Box **22**

Carrots  
Bug Bites  
Chocolate Milk **23**

Celery w/ Ranch\*  
Rainbow Fish  
Juice Box **26**

Pretzel Fish  
String Cheese  
Juice Box **27**

Yogurt  
Graham crackers\*  
Milk **28**

Blank calendar cell for Thursday.

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## InSeason! Broccoli

Broccoli shares cancer fighting, immune boosting properties with other cruciferous vegetables such as cauliflower, Brussels sprouts and cabbage.



Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.

## Announcements

USDA is an equal opportunity provider and employer

## Information

Contact Community Education  
with any questions  
480-987-5300