

Wah Mei School Monthly Menu

February-2012

* Seasonal fruit served every meal

	Monday	Tuesday	Wednesday	Thursday	Friday
			<i>2/01</i>	<i>2/02</i>	<i>2/03</i>
AM BK			Oatmeal / Raisins	Waffles	English Muffins
Lunch			Fried Noodles (Pork, Cabbage, Carrots)	Oven Fried Chicken/Rice (Chicken breast, cabbage)	Elbow Macaroni & Cheese (Ham,vegetables)
PMSNK			Fresh Fruit & Milk Organic animal crackers	Fresh Fruit & Milk Club Crackers	Fresh Fruit & Milk Wheat Thins
	<i>2/06</i>	<i>2/07</i>	<i>2/08</i>	<i>2/09</i>	<i>2/10</i>
AM BK	Strawberry Toast	English Muffins	Pancakes	Waffles	Bagels
Lunch	Potato Salad,Chicken Nuggets Potatoes,Eggs,Ham, Bread Fresh Fruit & Milk	Beef & Tomatoes / Rice (Ground beef, onion) Fresh Fruit & Milk	Sea Shells/ Chicken Broth (Ham,Cheese,Green Peas) Fresh Fruit & Milk	BBQ Pork Over Rice (Pork, Cabbage, Rice) Fresh Fruit & Milk	Organic Spaghetti & Meatballs (Beef,Tomatoes,Carrots) Fresh Fruit & Milk
PMSNK	Club Crackers	Wheat thins	Ritz Crackers	Wafers Cookies	Honey Grahams
	<i>2/13</i>	<i>2/14</i>	<i>2/15</i>	<i>2/16</i>	<i>2/17</i>
AM BK	Pancakes	Cereal	Waffles	Oatmeal / Raisins	Bagels
Lunch	Ham Sandwiches (Ham,Cheese, Lettuce) Fresh Fruit & Milk	Chicken Drumsticks (Carrot sticks,Bread) Fresh Fruit & Milk	Beef & Tomatoes / Rice (Beef,Carrots,Tomatoes) Fresh Fruit & Milk	Elbow Macaroni & Cheese (Ham,vegetables) Fresh Fruit & Milk	Braised Pork / Rice (Pork, Cabbage) Fresh Fruit & Milk
PMSNK	Bananas /Toast	French Toast Sticks	Honey Grahams	Wheat Thins	Cinnamon Toast
	<i>2/20</i>	<i>2/21</i>	<i>2/22</i>	<i>2/23</i>	<i>2/24</i>
AM BK		Pancakes	Bagels	Oatmeal / Raisins	English Muffins
Lunch	President's Day No School	Pizza (Salami,Cheese,Carrot) Fresh Fruit & Milk	Creamy Chicken Noodles (Chicken,Corn,Green Peas) Fresh Fruit & Milk	Fried Egg Tomatoes/ Rice (Egg, Pork, Rice) Fresh Fruit & Milk	Pasta /Cheese (Broccoli /Ham) Fresh Fruit & Milk
PMSNK		Saltine Crackers	Gold Fish Crackers	Wafer Cookies	Honey Grahams
	<i>2/27</i>	<i>2/28</i>	<i>2/29</i>		
AM BK	Bagels	Waffles	Bagels		
Lunch	Fillet-O-Fish (Fish Sticks, Carrot Sticks) Fresh Fruit & Milk	BBQ Pork Over Rice (Pork, Cabbage, Rice) Fresh Fruit & Milk	Elbow Macaroni & Cheese (Ham,vegetables) Fresh Fruit & Milk		
PMSNK	Cinnamon Toast	Bananas /Toast	Gold Fish Crackers		