



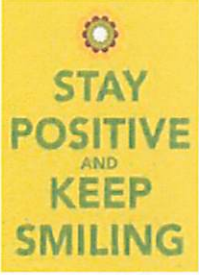

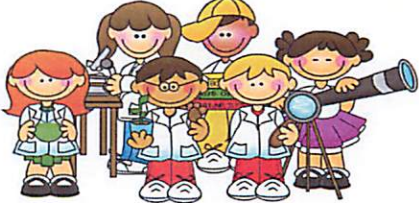
# BSSD February 2023 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Feb 1	Feb 2	Feb 3
		Mandarin Oranges  Cinnamon Rolls  Butter Milk	<b>Cooks' Choice Fruit</b>  French Toast  Syrup Milk	Grapefruit Sections Pancake & Sausage on Stick  Syrup Milk
Feb 6	Feb 7	Feb 8	Feb 9	Feb 10
Applesauce  Assorted Dry Cereal  Graham Cracker w/Peanut Butter Milk	Apricots  Biscuits & Gravy  Milk	Pineapple Chunks  Waffles  Sausage Patty Milk	Strawberries  Cream of Wheat  Cinnamon Toast Milk	Mixed Berries  Buttermilk Pancakes  Syrup Milk
Feb 13	Feb 14	Feb 15	Feb 16	Feb 17
Grapefruit Sections  Breakfast Bites  Syrup Milk	Mixed Fruit  Scrambled Eggs  Toast w/Jelly Milk	Applesauce  Blueberry Muffins  Sausage Links Milk	Mangos  Cinnamon Streusel Coffee Cake  Sausage Patty Milk	<b>COOKS' CHOICE</b>  Fruit <b>2 Grain Bread</b> <b>•OR•</b> <b>1 Grain Bread &amp; 1 Meat</b> Milk
Feb 20	Feb 21	Feb 22	Feb 23	Feb 24
Pineapple Chunks  Assorted Dry Cereal  Graham Cracker w/Peanut Butter Milk	Orange Juice  French Toast  Syrup Milk	Apricots  Breakfast Casserole  Toast w/Jelly Milk	Peaches  Cinnamon Rolls  Butter Milk	Mixed Fruit  Hot Oatmeal  Cinnamon Toast Milk
Feb 27	Feb 28	<div style="border: 1px solid gray; padding: 10px; margin-top: 10px;"> <p style="text-align: center;"><i>February Goals</i></p> <p style="text-align: center;">Cook a meal for my family.            Sell/donate more stuff.            Send some snail mail!            No (to low) spending.            Read 3 books.</p> </div>		
Mandarin Oranges  Breakfast Burritos  Salsa  Milk	Strawberries  Cream of Wheat  Cinnamon Toast  Milk			



# BSSD February 2023 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Feb 1</b> Peaches Spaghetti & Meatballs Peas & Carrots Garlic Bread Milk	<b>Feb 2</b> <b>COOKS' CHOICE</b> Fruit Main Dish Vegetable Grain Dessert Milk	<b>Feb 3</b> Pears Pepperoni Pizza Corn Charlie's Bread Milk
		<b>Feb 6</b> Strawberries Chicken Nuggets Green Beans Tater Tots Milk	<b>Feb 7</b> Pears Toasted Cheese Sandwiches & Tomato Soup Mixed Vegetables Saltines Milk	<b>Feb 8</b> Applesauce Baked Silver Salmon Baked Beans Hot Rolls Milk
<b>Feb 13</b> Mixed Fruit Burritos Vegetable Blend Cornbread w/Honey Milk	<b>Feb 14</b> Blueberries Tuna Salad Sandwich Chicken Vegetable Soup w/Crackers Corn Milk	<b>Feb 15</b> Mandarin Oranges Lasagna Creamed Spinach Garlic Bread Milk	<b>Feb 16</b> Peaches Sloppy Joes Sugar Snap Peas Pilot Bread Cracker Milk	<b>Feb 17</b> <b>COOKS' CHOICE</b> Fruit Main Dish Vegetable Grain Milk
<b>Feb 20</b> Applesauce Popcorn Chicken Baked Beans Sweet Potato Fries Milk	<b>Feb 21</b> Pears Salisbury Steak w/Mashed Potato & Gravy Sliced Carrots Garlic Toast Milk	<b>Feb 22</b> Mangos Mandarin Orange Chicken Broccoli Brown Rice w/Egg Rolls Milk	<b>Feb 23</b> Mandarin Oranges Chili Con Carne Mixed Vegetables Cornbread w/Honey Milk	<b>Feb 24</b> Strawberries Pulled Pork Sandwiches Corn Tater Tots Chocolate or White Milk
<b>Feb 27</b> Mixed Fruit Fish Sticks Peas & Carrots Baking Powder Biscuits Milk	<b>Feb 28</b> Peaches Taco Casserole Corn Southwestern Blackbean Salad Milk	 <p><i>always remember:</i>  <b>YOU <u>are</u> BRAVER THAN YOU BELIEVE</b>  <b>STRONGER THAN YOU SEEM <u>and</u></b>  <b>SMARTER THAN YOU THINK.</b> -a.amitre</p>		

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

\*Menu subject to change\*