

Hernando County Menu February 2021

Kelly Urbanik RD, CSP, CNSC, LD/N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk: 1% White milk offered at breakfast, lunch, and snack to all children over age 2. Whole milk offered to all children under age 1. Juice: 100% juice offered for all servings.</p> <p>Condiments: offered as needed. This institution is an equal opportunity provider. Menu Subject to Change.</p>				
<p>1</p> <p>Breakfast: Whole Grain Waffle Sticks, Pineapples, Milk</p> <p>Entrée: Baked Sliced Ham, Green Beans, Pears, Whole Wheat Roll, Milk</p> <p>Snack: Turkey, Sliced Cheese</p>	<p>2</p> <p>Breakfast: Special K, Applesauce, Milk</p> <p>Entrée: Lasagna, Green Beans, Fruit Salad, Italian Bread, Milk</p> <p>Snack: Whole Grain Pita, Ham</p>	<p>3</p> <p>Breakfast: Sausage Egg & Cheese Biscuit, Orange Slices, Milk</p> <p>Entrée: Pot Roast, Mashed Potatoes, Gravy, Peas, Carrots, Peaches, Whole Wheat Roll, Milk</p> <p>Snack: Whole Wheat Bread, Peanut Butter/Jelly</p>	<p>4</p> <p>Breakfast: Banana Muffin, Cranberry Juice, Milk</p> <p>Entrée: Breaded Fish, Broccoli, Apple Slices, Cornbread, Milk</p> <p>Snack: Pears, Cottage Cheese</p>	<p>5</p> <p>Breakfast: French Toast Sticks, Banana, Milk</p> <p>Entrée: Meatloaf, Gravy, Mashed Potatoes, Broccoli, Pineapples, Milk</p> <p>Snack: Whole Wheat Crackers, Tropical Fruit</p>
<p>8</p> <p>Breakfast: Whole Grain Waffle Sticks, Cinnamon Apples, Milk</p> <p>Entrée: Ham, Macaroni and Cheese, Broccoli, Apple Slice, Milk</p> <p>Snack: Cottage Cheese, Pineapple</p>	<p>9</p> <p>Breakfast: Cheerios, Mandarin Oranges, Milk</p> <p>Entrée: Chicken Nuggets, Mashed Potatoes, Peaches, Milk</p> <p>Snack: Applesauce, Whole Grain Muffin</p>	<p>10</p> <p>Breakfast: Sausage Egg & Cheese Biscuit, Pineapples, Milk</p> <p>Entrée: Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk</p> <p>Snack: ½ Tukey Sandwich on Whole Wheat Bread</p>	<p>11</p> <p>Breakfast: Corn Flakes, Cantaloupe, Milk</p> <p>Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk</p> <p>Snack: Fresh Apple Slices, Yogurt Cup</p>	<p>12</p> <p>IN-SERVICE DAY NO SCHOOL</p>
<p>15</p> <p>HOLIDAY NO SCHOOL</p>	<p>16</p> <p>Breakfast: Whole Grain English Muffin, Applesauce, Milk</p> <p>Entrée: Barbecue Chicken, Rice, Italian Green Beans, Pears, Milk</p> <p>Snack: Soft Whole Wheat Tortilla, Cheese</p>	<p>17</p> <p>Breakfast: Sausage Egg & Cheese Biscuit, Cantaloupe, Milk</p> <p>Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk</p> <p>Snack: Fresh Apple Slices, Yogurt Cup</p>	<p>18</p> <p>Breakfast: Blueberry Muffin, Banana, Milk</p> <p>Entrée: Spaghetti w/Meat Sauce, Green Beans, Applesauce, Italian Bread, Milk</p> <p>Snack: Soft Whole Wheat Tortilla, Cheese</p>	<p>19</p> <p>Breakfast: French Toast Sticks, Sliced Cheese, Seasonal Fresh Fruit, Milk</p> <p>Entrée: Popcorn Chicken & Waffles, Vegetable Medley, Tropical Mixed Fruit, Milk</p> <p>Snack: ½ Ham Sandwich on Whole Wheat Bread</p>
<p>22</p> <p>Breakfast: Whole Grain Waffle Sticks, Peaches, Milk</p> <p>Entrée: Roast Pork, Steamed Carrots, Mixed Fruit, Biscuit, Milk</p> <p>Snack: Whole Grain Fish Crackers, Applesauce</p>	<p>23</p> <p>Breakfast: Blueberry Muffin, Pears, Milk</p> <p>Entrée: Turkey Sandwich, Whole Wheat Bread, Oven Fries, Pears, Milk</p> <p>Snack: Whole Grain Crackers, Orange Juice</p>	<p>24</p> <p>Breakfast: Sausage Egg & Cheese Biscuit, Orange Wedges, Milk</p> <p>Entrée: Ham and Cheese Sandwich, Pineapples, Mixed Vegetables, Milk</p> <p>Snack: Applesauce, Whole Grain Muffin</p>	<p>25</p> <p>Breakfast: Whole Grain Bagel, Apple Slices, Milk</p> <p>Entrée: Rib B Q, Vegetable Medley, Peaches, Whole Grain Roll, Milk</p> <p>Snack: Sun Chips, Milk</p>	<p>26</p> <p>Breakfast: French Toast Sticks, Mandarin Oranges, Milk</p> <p>Entrée: Hamburger, Baked Beans, Fruit Salad, Whole Wheat Bun, Milk</p> <p>Snack: Sliced Turkey, Fruit Cocktail</p>