

Food2You Catering
January, February & March 2015 Dining Menu

WEEK 1	1/5 2/2 3/2 3/30	1/6 2/3 3/3 3/31	1/7 2/4 3/4	1/8 2/5 3/5	1/9 2/6 3/6
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brkfst	Cheerios Fresh Apples ³ Organic Milk	Wheat Pancakes with Peach Puree Turkey Sausage Fresh Oranges ² Organic Milk	Scrambled Eggs Hash Browns Fresh Pears Organic Milk	Wheat Bagels Cream Cheese Turkey Bacon Fresh Apples ³ Organic Milk	Banana Muffins Fresh Honeydew Organic Milk
Lunch	Chicken Parmesan Wheat Pasta Green Beans Fresh Bread Melon Salad	Turkey Meatloaf Steamed Carrots Mashed Potatoes Watermelon	Turkey Tacos Tortillas Shredded Cheese Brown Rice Veggie Mix Fresh Bananas	Turkey Chili Cauliflower Fresh Bread Fresh Cantaloupe	Cheese Pizza Mixed Veggies Fresh Pears
Snack	String Cheese Fresh Pears Water	Vanilla Bean Yogurt Fresh Bananas Water	Roasted Vegetable Whole Wheat Pasta Salad Organic Milk	Mediterranean Hummus Whole Wheat Pita Water	Homemade Granola Bars Fresh Bananas Water
WEEK 2	1/12 2/9 3/9	1/13 2/10 3/10	1/14 2/11 3/11	1/15 2/12 3/12	1/16 2/13 3/13
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brkfst	Corn Flakes Fresh Pears Organic Milk	Wheat French Toast with Peach Puree Turkey Bacon Fresh Apples ³ Organic Milk	Homemade Granola Fresh Bananas Organic Milk	Sausage & Cheese Biscuits Fresh Apples ³ Organic Milk	Poppysseed Muffins Fresh Bananas Organic Milk
Lunch	Whole Wheat Pasta Chicken Alfredo Steamed Broccoli Fresh Bread Watermelon	Roasted Turkey Vegetarian Stuffing Green Beans Fresh Honeydew	Chicken Quesadillas Spanish Rice Steamed Carrots Melon Salad	Sloppy Joes Mashed Potatoes Green Beans Fresh Cantaloupe	Mac N' Cheese Sweet Peas Fresh Pears
Snack	Rice Cakes Fresh Bananas Water	Fresh Zucchini Tzatziki Sauce Water	Red Pepper Hummus Whole Wheat Pita Water	Zucchini Bread Fresh Oranges ² Water	Fresh Apples ³ Soy Butter Water
WEEK 3	1/19 2/16 3/16	1/20 2/17 3/17	1/21 2/18 3/18	1/22 2/19 3/19	1/23 2/20 3/20
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brkfst	Whole Grain Chex Fresh Pineapple ³ Organic Milk	Wheat Waffles with Pear Puree Turkey Bacon Fresh Honeydew Organic Milk	Egg & Cheese Breakfast Pizza Fresh Oranges ² Organic Milk	Biscuits & Peach Puree Turkey Bacon Fresh Apples ³ Organic Milk	Carrot Muffins Fresh Pears Organic Milk
Lunch	Tri-Color Cheese Tortellini Green Beans Fresh Bread Fresh Pears	Turkey Chili Cauliflower Fresh Bread Fresh Apples ³	BBQ Chicken Sweet Peas & Carrots Brown Rice Fresh Pineapple ⁴	Chicken Parmesan Wheat Pasta Steamed Broccoli Melon Salad	Swedish Meat Sauce Egg Noodles Green Beans Fresh Cantaloupe
Snack	Blackbean Dip Roasted Tomato Tortillas Water	Vanilla Bean Yogurt Fresh Bananas Water	Spinach & Cheese Wheat Roll-Ups Water	Warm Apple Crisp Organic Milk	Cottage Cheese Fresh Apples ³ Water
WEEK 4	1/26 2/23 3/23	1/27 2/24 3/24	1/28 2/25 3/25	1/29 2/26 3/26	1/30 2/27 3/27
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brkfst	Corn Flakes Fresh Apples ³ Organic Milk	Homemade Granola Fresh Bananas Organic Milk	Sausage & Cheese Biscuits Fresh Melon Organic Milk	Wheat French Toast with Peach Puree Turkey Bacon Fresh Bananas Organic Milk	Apple Muffins Honeydew Organic Milk
Lunch	Wheat Rigatoni & Meat Sauce Sweet Peas Fresh Bread Fresh Cantaloupe	Asian Chicken Steamed Broccoli Brown Rice Fresh Oranges ²	Roasted Chicken Carrots & Peas Mashed Potatoes ³ Fresh Apples ³	Chicken Strips Parmesan Cheese Wheat Noodles Steamed Peas Fresh Pineapple ⁴	Grilled Cheese Steamed Broccoli Fresh Apples ³
Snack	Fresh Cucumber Tzatziki Sauce Water	String Cheese Fresh Pears Water	Mediterranean Hummus Whole Wheat Pita Water	Zucchini Bread Fresh Pears Organic Milk	Fresh Bananas Soy Butter Water

This menu has been reviewed and approved by Registered Dietitian Sharon Josefson, R.D., L.D.N

Infant & toddlers fruit substitutions: 1=Bananas, 2=Peach Puree, 3=Applesauce, 4=Pear Puree, 5=Banana Bread, 6=Cantaloupe

**** ALL LUNCHES SERVED WITH CERTIFIED ORGANIC MILK ****