QJHS FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
30 Cinni Mini's or Cereal	31 Mini Flapsticks or Cereal	1 Bagel & Cream Cheese or Cereal	2 Chcken Sausage Slider or Cereal	3 Pancake & Sausage Wrap or
Fruit, Juice, & Milk	Fruit, Milk	Fruit, Juice & Milk	Fruit, Juice, & Milk	Cereal Juice, Fruit & Milk
Chicken Patty on Bun	Tornado	Queso Grilled Cheese Wrap	General Chicken	DB Stuffed Pizza
Rib-B-Que	Rib-B-Que	Rib-B-Que	Rib-B-Que	Rib-B-Que
Curly Fries	Baked Beans	Broccoli	Rice & Mixed Vegetables	Corn
Coleslaw	Baby Carrots	Baby Carrots		Baby Carrots/ Romaine Lettuce
Fruit Variety	Fruit Variety	Fruit Variety	Fruit Variety	Fruit Variety
Milk	Milk	Milk	, Milk	, Milk
6 Yogurt & Granola or Cereal	7 Mini Pancakes or	8 Eggs/Bacon & Toast or	9 Breakfast Pizza or Cereal	10 Donut or Cereal
Fruit, Milk & Juice	Cereal Fruit, Juice & Milk	Cereal Fruit, Milk & Juice	Fruit, Milk & Juice	Fruit , Milk & Juice
Sloppy Joe	Four Cheese Garlic Bread	Chicken Nuggets	Beef Nacho Supreme	Calzone
Saucy Cheeseburger	Saucy Cheeseburger	Saucy Cheeseburger	Saucy Cheeseburger	Saucy Cheeseburger
French Fries	Glazed Carrots	Green Beans	Refried Beans/ Salsa	Vegetable Medley
Baby Carrots & Celery	Marinara Sauce	Breadstick/ Baby Carrots	Baby Tomatoes / Lettuce	Spinach Salad
Fruit Variety	Fruit Variety	Fruit Variety	Fruit Variety	Fruit Variety
Milk	Milk	Milk	Milk	Milk
13 Mini Waffles or Cereal	14 Sausage & Cheese Sliders or	15 Banana Bread or Cereal	16 Frudel or Cereal	17 POPTARTS or Cereal
Fruit, Milk & Juice	Cereal Fruit, Milk & Juice	Fruit, Milk & Juice	Fruit, Milk & Juice	Fruit, Juice & Milk
Roasted Pork on Bun	Wild Mike Bites	Chicken Bacon Ranch Wrap	Mostaccioli	
Chicken Patty on Bun	Chicken Patty on Bun	Chicken Patty on Bun	Chicken Patty	1/2
Sweet Potato Fries	Corn /Marinara	Baked Beans	Steamed Broccoli	
Coleslaw	Baby Carrots	Salad / Baby Carrots	Garlic Toast/ Cheesestick	Day 🚰
Fruit Variety	Fruit Variety	Fruit Variety	Fruit Variety	
Milk	Milk	Milk	Milk	
20	21 Flapsticks or Cereal	22 Cinni Mini's or Cereal	23 Biscuit & Gravy or Cereal	24 Donut or Cereal, Fruit
President	Juice, Milk & Juice	Juice, Milk & Juice	Fruit , Milk & Juice	Milk & Juice
🛛 🮔 Day 🖤	4-Cheese Garlic Bread	Chicken Tenders	Bar-B-Que Chicken on Bun	Fiestada Pizza
	Tenderloin on Bun	Tenderloin	Tenderloin on Bun	Tenderloin on Bun
	Peas	Mashed Potatoes/ Gravy	Baked Beans	Glazed Carrots
	Baby Carrots/Marinara	Green Beans/ Baby Carrots	Baby Tomatoes	Baby Tomatoes
To the the the	Fruit Variety	Fruit Variety	Fruit Variety	Fruit Variety
00000000	Milk	Milk	Milk	Milk
27 Yogurt & Muffin or Cereal	28 Ham & Cheese Slider or Cereal	March1 Mini Pancakes or Cereal	March 2 Breakfast Pizza or Cereal	3 French Toast Sticks & Sausage or
Fruit, Juice& Milk	Fruit, Juice & Milk	Fruit, Milk & Juice	Fruit, Milk & Juice	Cereal Fruit, Milk & Juice
Hot Dog/ Chili Dog	Chicken Quesadilla	Bakon Chicken Twister	Chicken & Noodles	Wild Mikes Pizza
Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger
Fries	Taco Beans	Salad / Baby Carrots	Broccoli/ Roll	Corn
Baby Carrots	Salsa/ Romaine Lettuce	Green Beans	Garlic Toast	Baby Carrots
Fruit Variety	Fruit Variety	Fruit Variety	Fruit Variety	Fruit Variety
Milk	Milk	Milk	Milk	Milk