

THE GLEN MILLS SCHOOLS - CAFETERIA MENUS - FOR THE MONTH OF **FEBRUARY 2018** MENUS MAY BE SUBJECT TO CHANGE

<b>BREAKFAST THURSDAY 02-01-18</b>	<b>LUNCH THURSDAY 02-01-18</b>	<b>DINNER THURSDAY 02-01-18</b>	<b>SNACKS THURSDAY 02-01-18</b>
SCRAMBLED EGGS LR100191 1/4 Cup ♥ OATMEAL LR100144 1 Cup HASH BROWN PATTY SI101139 2 Each APPLESAUCE 9020 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	SLOPPY JOE Served On 1 Sand. ♥ WHOLE GRAIN ROLL LR100205 1 Sand. BROCCOLI 11093 1 Cup APPLE SAUCE 9020 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	BEEF-A-RONI 1 Cup BREAD & BUTTER 1 & 1 GREEN BEANS 1 Cup PINEAPPLE CHUNKS 1 Cup FLAVORED WATER 1 Cup	PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1
<b>BREAKFAST FRIDAY 02-02-18</b>	<b>LUNCH FRIDAY 02-02-18</b>	<b>DINNER FRIDAY 02-02-18</b>	<b>SNACKS FRIDAY 02-02-18</b>
♥ WHOLE GRAIN FRENCH TOAST 1.5 oz. LR100297 3 Slices SYRUP SL102236 2 oz. ♥ CREAM of WHEAT LR100194 1 Cup MEDIUM ORANGE 9200 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	ITALIAN STYLE MEATBALL SANDWICH LR100184 1 Sand. SPINACH 11464 1 Cup APPLESAUCE 9020 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL TURKEY and CHEESE WRAP LR100202 1 Wrap	BEEF HOT DOGS 2 Each MACARONI & CHEESE 1 Cup VANILLA PUDDING 1/2 Cup ICED TEA 1 Cup	TURKEY and CHEESE WRAP LR100202 1 Wrap 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each

♥ = A WHOLE GRAIN HEART HEALTHY FOOD

THE GLEN MILLS SCHOOLS - CAFETERIA MENUS - FOR THE MONTH OF **FEBRUARY 2018** MENUS MAY BE SUBJECT TO CHANGE

<b>BRUNCH SATURDAY 02-03-18</b>	<b>DINNER SATURDAY 02-03-18</b>	<b>SNACKS SATURDAY 02-03-18</b>	
<p> <b>SCRAMBLED EGGS</b> LR100191 1/4 Cup  ♥ <b>WHOLE GRAIN</b>  <b>1.5 oz. WAFFLES</b> LR100192 2 Each  <b>SYRUP</b> S1102236 2 oz.  <b>BAKED ZUCCHINI and</b>  <b>YELLOW SQUASH</b> LR100180 1 Cup  <b>SLICED PEACHES</b> 51380 1 Cup  <b>1% WHITE MILK</b> SR103455 1 Cup  <b>NON-FAT CHOC MILK</b> SR103456 1 Cup  <b>NON-FAT STRAW MILK</b> SR100310 1 Cup    ALTERNATE MEAL  <b>YOGURT &amp; CRUNCH</b> LR100152 1 &amp; 1 </p>	<p> <b>BEEF CHILI</b> over  ♥ <b>WHOLE GRAIN RICE</b> 1 Cup  <b>BUTTERED CORN</b> 1/2 Cup  <b>CHOCOLATE PUDDING</b> 1/2 Cup  <b>FLAVORED WATER</b> 1 Cup </p>	<p> <b>BEEF BOLOGNA and</b>  <b>CHEESE SANDWICH</b> LR100157 1 Sand  <b>1% WHITE MILK</b> SR103455 1 Cup  <b>NON-FAT CHOC MILK</b> SR103456 1 Cup  <b>NON-FAT STRAW MILK</b> SR100310 1 Cup    ALTERNATE MEAL  <b>FROSTED FLAKES</b> 3 oz. </p>	
<b>BRUNCH SUNDAY 02-04-18</b>	<b>DINNER SUNDAY 02-04-18</b>	<b>SNACKS SUNDAY 02-04-18</b>	
<p> <b>SCRAMBLED EGGS</b> LR100191 1/4 Cup  ♥ <b>CREAM of WHEAT</b> LR100194 1 Cup  ♥ <b>WHOLE GRAIN</b>  <b>1.5 oz. FRENCH TOAST</b> 3 Slices  <b>SYRUP</b> S1102236 2 oz.  <b>GREEN BEANS</b> SR102271 1 Cup  <b>PINEAPPLE CHUNKS</b> 9268 1 Cup  <b>1% WHITE MILK</b> SR103455 1 Cup  <b>NON-FAT CHOC MILK</b> SR103456 1 Cup  <b>NON-FAT STRAW MILK</b> SR100310 1 Cup    ALTERNATE MEAL  <b>YOGURT &amp; CRUNCH</b> LR100152 1 &amp; 1 </p>	<p> ♥ <b>WHOLE GRAIN</b>  <b>CHICKEN PATTY</b> 1 Patty  <b>MASHED POTATOES &amp; GRAVY</b> 6 oz.  <b>PEAS</b> 1 Cup  <b>BUTTERSCOTCH PUDDING</b> 1/2 Cup  <b>FLAVORED WATER</b> 1 Cup </p>	<p> <b>TURKEY</b>  <b>and CHEESE WRAP</b> LR100202 1 Wrap  <b>1% WHITE MILK</b> SR103455 1 Cup  <b>NON-FAT CHOC MILK</b> SR103456 1 Cup  <b>NON-FAT STRAW MILK</b> SR100310 1 Cup    ALTERNATE MEAL  <b>PEANUT BUTTER and</b>  <b>JELLY SANDWICH</b> LR100033 1 Each </p>	

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THE GLEN MILLS SCHOOLS - CAFETERIA MENUS - FOR THE MONTH OF **FEBRUARY 2018** MENUS MAY BE SUBJECT TO CHANGE

<b>BREAKFAST MONDAY 02-05-18</b>	<b>LUNCH MONDAY 02-05-18</b>	<b>DINNER MONDAY 02-05-18</b>	<b>SNACKS MONDAY 02-05-18</b>
♥ WHOLE GRAIN WAFFLES 1.5 oz. LR100192 2 Each SYRUP SI102236 2 oz. OATMEAL LR100144 1 Cup APPLESAUCE 9020 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	CHICKEN SANDWICH LR100208 1 Sand. BROCCOLI 11093 1 Cup POTATO WEDGES SR108837 1/4 Cup KETCHUP SI105253 2 T. SL. PEACHES Lt Syrup 51380 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	TACOS with TACO SALAD LR100200 1 Taco TACO SHELL 1 Each SOUR CREAM 1 Tbsp. SHREDDED CHEESE 1/8 Cup SLICED PEARS, Light Syrup 1 Cup FLAVORED WATER 1 Cup	PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1
<b>BREAKFAST TUESDAY 02-06-18</b>	<b>LUNCH TUESDAY 02-06-18</b>	<b>DINNER TUESDAY 02-06-18</b>	<b>SNACKS TUESDAY 02-06-18</b>
SCRAMBLED EGGS LR100191 1/4 Cup OATMEAL LR100144 1 Cup APPLESAUCE 9020 1 Cup ♥ WHOLE WHEAT TOAST SI101301 2 Slices GRAPE JELLY SI101864 1 oz. 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	CHEESBURGER L100209 1 Each KETCHUP SR107089 1 T. COLLARD GREENS LR100154 1 Cup SLICED PEACHES Lt Syrup 51380 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	CHICKEN STEW 1 Cup MASHED POTATOES 1/2 Cup CHOCOLATE PUDDING 1/2 Cup FLAVORED WATER 1 Cup	BEEF BOLOGNA and CHEESE SANDWICH LR100157 1 Sand. 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1

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THE GLEN MILLS SCHOOLS - CAFETERIA MENUS - FOR THE MONTH OF **FEBRUARY 2018** MENUS MAY BE SUBJECT TO CHANGE

<b>BREAKFAST WEDNESDAY 02-07-18</b>	<b>LUNCH WEDNESDAY 02-07-18</b>	<b>DINNER WEDNESDAY 02-07-18</b>	<b>SNACKS WEDNESDAY 02-07-18</b>
♥ <b>WHOLE GRAIN WAFFLES</b> 1.5 oz. LR100192 2 Each <b>SYRUP</b> SI102236 2 oz. ♥ <b>OATMEAL</b> LR100144 1 Cup <b>LARGE APPLE</b> 51450 1 Each <b>SL. PEACHES Lt Syrup</b> 51380 1 Cup <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>YOGURT &amp; CRUNCH</b> LR100152 1 & 1	<b>CHEESESTEAK</b> LR100176 1 Each <b>BAKED BEANS</b> SI107285 1/2 Cup <b>COLLARD GREENS</b> LR100154 1 Cup <b>GRAPES</b> 9131 1 Cup <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>PEANUT BUTTER CUPS and JELLY SANDWICH</b> LR100033 1 Each	<b>CHILI OVER RICE</b> 1.5 Cup <b>CHOCOLATE PUDDING</b> 1/2 Cup <b>PEAS</b> 1 Cup <b>FLAVORED WATER</b> 1 Cup	<b>FROSTED FLAKES</b> SR103214 3/4 Cup <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>PEANUT BUTTER and JELLY SANDWICH</b> LR100033 1 Each
<b>BREAKFAST THURSDAY 02-08-18</b>	<b>LUNCH THURSDAY 02-08-18</b>	<b>DINNER THURSDAY 02-08-18</b>	<b>SNACKS THURSDAY 02-08-18</b>
<b>SCRAMBLED EGGS</b> LR100191 1/4 Cup <b>HASH BROWN PATTY</b> SI101139 2 Each ♥ <b>OATMEAL</b> LR100144 1 Cup ♥ <b>TOAST: Whole Wheat</b> SI101301 2 Slices <b>GRAPE JELLY</b> SI101864 1 oz. <b>PINEAPPLE CHUNKS</b> 9268 1 Cup <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>YOGURT &amp; CRUNCH</b> LR100152 1 & 1	<b>APPLESAUCE</b> 3.5 oz. <b>MEATLOAF</b> LR100149 <b>MASHED POTATO and GRAVY</b> LR100188 6 oz. <b>BROCCOLI</b> 11093 1 Cup <b>FRUIT SALAD</b> SR105447 1 Cup <b>KETCHUP</b> SR107809 1 T. <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>PEANUT BUTTER and JELLY SANDWICH</b> 1 Sand.	<b>PEPPER STEAK</b> 3/4 Cup <b>BUTTERED NOODLES</b> 1/2 Cup <b>WHOLE CORN</b> 1 Cup <b>SLICED PEARS Lt. Syrup</b> 1 Cup <b>ICED TEA</b> 1 Cup	<b>TURKEY and CHEESE WRAP</b> SR106233 1 Wrap <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>PEANUT BUTTER and JELLY SANDWICH</b> LR100033 1 Each

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<b>BREAKFAST FRIDAY 02-09-18</b>	<b>LUNCH FRIDAY 02-09-18</b>	<b>DINNER FRIDAY 02-09-18</b>	<b>SNACKS FRIDAY 02-09-18</b>
SCRAMBLED EGGS LR100191 1/4 Cup ♥ CREAM of WHEAT LR100152 1 Cup APPLE SAUCE 9020 1 Cup MEDIUM ORANGE SR103455 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	CHICKEN SANDWICH LR100208 1 Sand. COLLARD GREENS LR100154 1 Cup APPLE SAUCE 9020 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	SPAGHETTI & MEAT SAUCE 10 oz. GREEN BEANS 1 Cup VANILLA PUDDING 1/2 Cup FLAVORED WATER 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	BEEF BOLOGNA and CHEESE SANDWICH LR100157 1 Sand. 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1
<b>BRUNCH SATURDAY 02-10-18</b>	<b>DINNER SATURDAY 02-10-18</b>	<b>SNACKS SATURDAY 02-10-18</b>	
SCRAMBLED EGGS LR100191 1/4 Cup ♥ OATMEAL LR100144 1 Cup ♥ WHOLE GRAIN WAFFLES 1.5 oz. LR100192 2 Each SYRUP SI102236 2 oz. SPINACH SR105117 1 Cup SL. PEACHES Lt Syrup 51380 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	BEEF CHILI over ♥ WHOLE GRAIN RICE 1 Cup BUTTERED CORN 1 Cup CHOCOLATE PUDDING 1 Cup FLAVORED WATER 6 oz.	FROSTED FLAKES SR103214 3 oz. 1% WHITE MILK SR103455 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	

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THE GLEN MILLS SCHOOLS - CAFETERIA MENUS - FOR THE MONTH OF **FEBRUARY 2018** MENUS MAY BE SUBJECT TO CHANGE

<b>BREAKFAST TUESDAY 02-13-18</b>	<b>LUNCH TUESDAY 02-13-18</b>	<b>DINNER TUESDAY 02-13-18</b>	<b>SNACKS TUESDAY 02-13-18</b>
SCRAMBLED EGGS LR100191 1/4 Cup OATMEAL LR100144 1 Cup ♥ TOAST: Whole Wheat SI101301 2 Slices GRAPE JELLY SI101864 1 oz. MEDIUM ORANGE 9200 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	TACOS with TACO SALAD LR100200 1 Taco COLLARD GREENS LR100154 1 Cup RICE PILAF LR100200 1 Cup SL. PEACHES Lt Syrup 51380 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	BEEF HOT DOGS 2 Each BAKED BEANS 1/2 Cup ♥ WHOLE GRAIN BROWN RICE 1 Cup MEDIUM ORANGE 1 Each FLAVORED WATER 1 Cup	BEEF BOLOGNA and CHEESE SANDWICH LR100157 1 Sand. 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1
<b>BREAKFAST WEDNESDAY 02-14-18</b>	<b>LUNCH WEDNESDAY 02-14-18</b>	<b>DINNER WEDNESDAY 02-14-18</b>	<b>SNACKS WEDNESDAY 02-14-18</b>
♥ WHOLE GRAIN WAFFLES 1.5 oz. LR100192 2 Each SYRUP SI102236 2 oz. ♥ OATMEAL LR100144 1 Cup LARGE APPLE 51450 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	CHICKEN SANDWICH LR100208 1 Sand. BROCCOLI 11093 1 Cup MEDIUM BANANA 9040 2 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	SPAGHETTI & MEATSAUCE 10 oz. GFREEN BEANS 1 Cup VANILLA PUDDING 1/2 Cup FLAVORED WATER 1 Cup	TURKEY and CHEESE WRAP SR106233 1 Wrap 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each

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<b>BREAKFAST THURSDAY 02-15-18</b>	<b>LUNCH THURSDAY 02-15-18</b>	<b>DINNER THURSDAY 02-15-18</b>	<b>SNACKS THURSDAY 02-15-18</b>
<b>SCRAMBLED EGGS</b> LR100191 1/4 Cup ♥ <b>OATMEAL</b> LR100144 1 Cup <b>APPLESAUCE</b> 9020 1 Cup <b>HASH BROWN PATTY</b> SI101139 2 Each <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>YOGURT &amp; CRUNCH</b> LR100152 1 & 1	<b>CHICKEN FAJITA</b> LR1001187 1.5 Cup <b>BROCCOLI</b> 11093 1 Cup <b>FRUIT SALAD</b> SI07040 1 Cup <b>SOUR CREAM</b> SI100480 1 T. <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>PEANUT BUTTER and JELLY SANDWICH</b> LR100033 1 Each	<b>PEPPER STEAK</b> 3/4 Cup <b>BUTTERED NOODLES</b> 1/2 Cup <b>WHOLE CORN</b> 1 Cup <b>SLICED PEARS Lt. Syrup</b> 1 Cup <b>FLAVORED WATER</b> 1 Cup	<b>PEANUT BUTTER and JELLY SANDWICH</b> LR100033 1 Each <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>YOGURT &amp; CRUNCH</b> LR100152 1 & 1
<b>BREAKFAST FRIDAY 02-16-18</b>	<b>LUNCH FRIDAY 02-16-18</b>	<b>DINNER FRIDAY 02-16-18</b>	<b>SNACKS FRIDAY 02-16-18</b>
♥ <b>WHOLE GRAIN FRENCH TOAST</b> 1.5 oz. LR100297 3 Slices <b>SYRUP</b> SL102236 2 oz. ♥ <b>CREAM of WHEAT</b> LR100152 1 Cup <b>MEDIUM ORANGE</b> 9200? 1 Each <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>YOGURT &amp; CRUNCH</b> LR100152 1 & 1	<b>ITALIAN STYLE MEATBALL SANDWICH</b> LR100184 1 Sand. <b>SPINACH</b> 11464 1 Cup <b>APPLESAUCE</b> 9020 1 Cup <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>PEANUT BUTTER and JELLY SANDWICH</b> LR100033 1 Each	<b>BEEF HOT DOGS</b> 2 Each <b>MACARONI and CHEESE</b> 1 Cup <b>VANILLA PUDDING</b> 1/2 Cup <b>ICED TEA</b> 1 Cup	<b>TURKEY and CHEESE WRAP</b> SR106233 1 Wrap <b>1% WHITE MILK</b> SR103455 1 Cup <b>NON-FAT CHOC MILK</b> SR103456 1 Cup <b>NON-FAT STRAW MILK</b> SR100310 1 Cup  ALTERNATE MEAL <b>PEANUT BUTTER and JELLY SANDWICH</b> LR100033 1 Each

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<b>BRUNCH SATURDAY 02-17-18</b>	<b>DINNER SATURDAY 02-17-18</b>	<b>SNACKS SATURDAY 02-17-18</b>	
SCRAMBLED EGGS LR100191 1/4 Cup ♥ OATMEAL LR100144 1 Cup ♥ WHOLE GRAIN 1.5 oz. WAFFLES LR100192 2 Each SYRUP SI102236 2 oz. BAKED ZUCCHINI and YELLOW SQUASH LR100180 1 Cup SLICED PEACHES 51380 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	BEEF CHILI over ♥ WHOLE GRAIN RICE 1 Cup BUTTERED CORN 1/2 Cup CHOCOLATE PUDDING 1/2 Cup FLAVORED WATER 1 Cup	BEEF BOLOGNA and CHEESE SANDWICH LR100157 1 Sand 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL FROSTED FLAKES SR103214 3 oz.	
<b>BRUNCH SUNDAY 02-18-18</b>	<b>DINNER SUNDAY 02-18-18</b>	<b>SNACKS SUNDAY 02-18-18</b>	
SCRAMBLED EGGS LR100191 1/4 Cup ♥ CREAM of WHEAT LR100194 1 Cup ♥ WHOLE GRAIN 1.5 oz. FRENCH TOAST LR100297 3 Slices SYRUP SI102236 2 oz. HASH BROWN PATTIES SI101139 2 Each GREEN BEANS SR102271 1 Cup APPLE SAUCE 9020 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	♥ WHOLE GRAIN CHICKEN PATTY 1 Patty MASHED POTATOES & GRAVY 6 oz. PEAS 1 Cup BUTTERSCOTCH PUDDING 1/2 Cup FLAVORED WATER 1 Cup	TURKEY and CHEESE WRAP SR106233 1 Wrap 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	

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<b>BRUNCH MONDAY 02-19-18</b>	<b>DINNER MONDAY 02-19-18</b>	<b>SNACKS MONDAY 02-19-18</b>	
♥ WHOLE GRAIN WAFFLES 1.5 oz. LR100192 2 Each SYRUP SI102236 2 oz. OATMEAL LR100144 1 Cup SCRAMBLED EGGS LR100191 1/4 Cup HASH BROWN PATTIES SI101139 2 Each GREEN BEANS SR102271 1 Cup FRUIT SALAD Lt Syrup SI1007040 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	BEEF STEW LR100189 1 Cup BAKED ZUCCHINI and YELLOW SQUASH LR100180 1 Cup FRUIT SALAD Lt Syrup SI1007040 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	
<b>BREAKFAST TUESDAY 02-20-18</b>	<b>LUNCH TUESDAY 02-20-18</b>	<b>DINNER TUESDAY 02-20-18</b>	<b>SNACKS TUESDAY 02-20-18</b>
SCRAMBLED EGGS LR100191 1/4 Cup OATMEAL LR100144 1 Cup APPLESAUCE 9020 1 Cup ♥ WHOLE WHEAT TOAST SI101301 2 Slices GRAPE JELLY SI101864 1 oz. 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	CHEESBURGER L100209 1 Each KETCHUP SR107089 1 T. COLLARD GREENS LR100154 1 Cup SLICED PEACHES Lt Syrup 51380 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	CHICKEN STEW 1 Cup MASHED POTATOES 1/2 Cup CHOCOLATE PUDDING 1/2 Cup FLAVORED WATER 1 Cup	BEEF BOLOGNA and CHEESE SANDWICH LR100157 1 Sand. 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1

♥ = A WHOLE GRAIN HEART HEALTHY FOOD

THE GLEN MILLS SCHOOLS - CAFETERIA MENUS - FOR THE MONTH OF **FEBRUARY 2018** MENUS MAY BE SUBJECT TO CHANGE

<b>BREAKFAST WEDNESDAY 02-21-18</b>	<b>LUNCH WEDNESDAY 02-21-18</b>	<b>DINNER WEDNESDAY 02-21-18</b>	<b>SNACKS WEDNESDAY 02-21-18</b>
♥ <b>WHOLE GRAIN WAFFLES</b> 1.5 oz. LR100192 <b>2 Each</b> <b>SYRUP</b> SI102236 <b>2 oz.</b> ♥ <b>OATMEAL</b> LR100144 <b>1 Cup</b> <b>LARGE APPLE</b> 51450 <b>1 Each</b> <b>SL. PEACHES Lt Syrup</b> 51380 <b>1 Cup</b> <b>1% WHITE MILK</b> SR103455 <b>1 Cup</b> <b>NON-FAT CHOC MILK</b> SR103456 <b>1 Cup</b> <b>NON-FAT STRAW MILK</b> SR100310 <b>1 Cup</b>  ALTERNATE MEAL <b>YOGURT &amp; CRUNCH</b> LR100152 <b>1 &amp; 1</b>	<b>CHEESESTEAK</b> LR100176 <b>1 Each</b> <b>BAKED BEANS</b> SI107285 <b>1/2 Cup</b> <b>COLLARD GREENS</b> LR100154 <b>1 Cup</b> <b>GRAPES</b> 9131 <b>1 Cup</b> <b>1% WHITE MILK</b> SR103455 <b>1 Cup</b> <b>NON-FAT CHOC MILK</b> SR103456 <b>1 Cup</b> <b>NON-FAT STRAW MILK</b> SR100310 <b>1 Cup</b>  ALTERNATE MEAL <b>PEANUT BUTTER CUPS and JELLY SANDWICH</b> LR100033 <b>1 Each</b>	<b>CHILI OVER RICE</b> <b>1.5 Cup</b> <b>CHOCOLATE PUDDING</b> <b>1/2 Cup</b> <b>PEAS</b> <b>1 Cup</b> <b>FLAVORED WATER</b> <b>1 Cup</b>	<b>FROSTED FLAKES</b> SR103214 <b>3/4 Cup</b> <b>1% WHITE MILK</b> SR103455 <b>1 Cup</b> <b>NON-FAT CHOC MILK</b> SR103456 <b>1 Cup</b> <b>NON-FAT STRAW MILK</b> SR100310 <b>1 Cup</b>  ALTERNATE MEAL <b>PEANUT BUTTER and</b> <b>1 Each</b>
<b>BREAKFAST THURSDAY 02-22-18</b>	<b>LUNCH THURSDAY 02-22-18</b>	<b>DINNER THURSDAY 02-22-18</b>	<b>SNACKS THURSDAY 02-22-18</b>
<b>SCRAMBLED EGGS</b> LR100191 <b>1/4 Cup</b> <b>HASH BROWN PATTY</b> SI101139 <b>2 Each</b> ♥ <b>OATMEAL</b> LR100144 <b>1 Cup</b> ♥ <b>TOAST: Whole Wheat</b> SI101301 <b>2 Slices</b> <b>GRAPE JELLY</b> SI101864 <b>1 oz.</b> <b>PINEAPPLE CHUNKS</b> 9268 <b>1 Cup</b> <b>1% WHITE MILK</b> SR103455 <b>1 Cup</b> <b>NON-FAT CHOC MILK</b> SR103456 <b>1 Cup</b> <b>NON-FAT STRAW MILK</b> SR100310 <b>1 Cup</b>  ALTERNATE MEAL <b>YOGURT &amp; CRUNCH</b> LR100152 <b>1 &amp; 1</b>	<b>APPLESAUCE</b> <b>3.5 oz.</b> <b>MEATLOAF</b> LR100149 <b>3.5 oz.</b> <b>MASHED POTATO and GRAVY</b> LR100188 <b>6 oz.</b> <b>BROCCOLI</b> 11093 <b>1 Cup</b> <b>FRUIT SALAD</b> SR105447 <b>1 Cup</b> <b>KETCHUP</b> SR107809 <b>1 T.</b> <b>1% WHITE MILK</b> SR103455 <b>1 Cup</b> <b>NON-FAT CHOC MILK</b> SR103456 <b>1 Cup</b> <b>NON-FAT STRAW MILK</b> SR100310 <b>1 Cup</b>  ALTERNATE MEAL <b>PEANUT BUTTER and JELLY SANDWICH</b> <b>1 Sand.</b>	<b>PEPPER STEAK</b> <b>3/4 Cup</b> <b>BUTTERED NOODLES</b> <b>1/2 Cup</b> <b>WHOLE CORN</b> <b>1 Cup</b> <b>SLICED PEARS Lt. Syrup</b> <b>1 Cup</b> <b>ICED TEA</b> <b>1 Cup</b>	<b>TURKEY and CHEESE WRAP</b> SR106233 <b>1 Wrap</b> <b>1% WHITE MILK</b> SR103455 <b>1 Cup</b> <b>NON-FAT CHOC MILK</b> SR103456 <b>1 Cup</b> <b>NON-FAT STRAW MILK</b> SR100310 <b>1 Cup</b>  ALTERNATE MEAL <b>PEANUT BUTTER and JELLY SANDWICH</b> LR100033 <b>1 Each</b>

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THE GLEN MILLS SCHOOLS - CAFETERIA MENUS - FOR THE MONTH OF **FEBRUARY 2018** MENUS MAY BE SUBJECT TO CHANGE

<b>BREAKFAST FRIDAY 02-23-18</b>	<b>LUNCH FRIDAY 02-23-18</b>	<b>DINNER FRIDAY 02-23-18</b>	<b>SNACKS FRIDAY 02-23-18</b>
SCRAMBLED EGGS LR100191 1/4 Cup ♥ CREAM of WHEAT LR100152 1 Cup APPLE SAUCE 9020 1 Cup MEDIUM ORANGE SR103455 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	CHICKEN SANDWICH LR100208 1 Sand. COLLARD GREENS LR100154 1 Cup APPLE SAUCE 9020 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	SPAGHETTI & MEAT SAUCE 10 oz. GREEN BEANS 1 Cup VANILLA PUDDING 1/2 Cup FLAVORED WATER 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	BEEF BOLOGNA and CHEESE SANDWICH LR100157 1 Sand. 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1
<b>BRUNCH SATURDAY 02-24-18</b>	<b>DINNER SATURDAY 02-24-18</b>	<b>SNACKS SATURDAY 02-24-18</b>	
SCRAMBLED EGGS LR100191 1/4 Cup ♥ OATMEAL LR100144 1 Cup ♥ WHOLE GRAIN WAFFLES 1.5 oz. LR100192 2 Each SYRUP SI102236 2 oz. SPINACH SR105117 1 Cup SL. PEACHES Lt Syrup 51380 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	BEEF CHILI over ♥ WHOLE GRAIN RICE 1 Cup BUTTERED CORN 1 Cup CHOCOLATE PUDDING 1 Cup FLAVORED WATER 6 oz.	FROSTED FLAKES SR103214 3 oz. 1% WHITE MILK SR103455 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	

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THE GLEN MILLS SCHOOLS - CAFETERIA MENUS - FOR THE MONTH OF **FEBRUARY 2018** MENUS MAY BE SUBJECT TO CHANGE

<b>BRUNCH SUNDAY 02-25-18</b>	<b>DINNER SUNDAY 02-25-18</b>	<b>SNACKS SUNDAY 02-25-18</b>	
SCRAMBLED EGGS LR100191 1/4 Cup ♥ CREAM of WHEAT LR100194 1 Cup ♥ WHOLE GRAIN FRENCH TOAST 1.5 oz. LR100297 3 Slices SYRUP SL102236 2 oz. HASH BROWN PATTIES SI101139 2 Each GREEN BEANS SR102271 1 Cup APPLESAUCE 9020 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	♥ WHOLE GRAIN BREADED CHICKEN PATTY 1 Patty MASHED POTATOES & GRAVY 1/2 Cup PEAS 1 Cup BUTTERSCOTCH PUDDING 1/2 Cup FLAVORED WATER 6 oz.	BEEF BOLOGNA and CHEESE SANDWICH LR100157 1 Sand. 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	
<b>BREAKFAST MONDAY 02-26-18</b>	<b>LUNCH MONDAY 02-26-18</b>	<b>DINNER MONDAY 02-26-18</b>	<b>SNACKS MONDAY 02-26-18</b>
SCRAMBLED EGGS LR100191 1/4 Cup ♥ OATMEAL LR100144 1 Cup ♥ TOAST: Whole Wheat SI101301 2 Slices GRAPE JELLY SI101864 1 oz. ♥ 1.5 oz. WHOLE GRAIN WAFFLES LR100192 2 Each SYRUP SI102236 2 oz. APPLESAUCE 9020 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	BEEF STEW LR100189 1 Cup BAKED ZUCCHINI and YELLOW SQUASH LR100180 1 Cup FRUIT SALAD Lt Syrup SI1007040 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	BEEF-A-RONI made with ♥ WHOLE GRAIN PASTA 1 Cup SPINACH 1 Cup SLICED PEACHES Lt Syrup 1 Cup GRAPE JUICE 1 Cup	PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1

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THE GLEN MILLS SCHOOLS - CAFETERIA MENUS - FOR THE MONTH OF **FEBRUARY 2018** MENUS MAY BE SUBJECT TO CHANGE

<b>BREAKFAST TUESDAY 02-27-18</b>	<b>LUNCH TUESDAY 02-27-18</b>	<b>DINNER TUESDAY 02-27-18</b>	<b>SNACKS TUESDAY 02-27-18</b>
SCRAMBLED EGGS LR100191 1/4 Cup OATMEAL LR100144 1 Cup ♥ TOAST: Whole Wheat SI101301 2 Slices GRAPE JELLY SI101864 1 oz. MEDIUM ORANGE 9200 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	TACOS with TACO SALAD LR100200 1 Taco COLLARD GREENS LR100154 1 Cup RICE PILAF LR100200 1 Cup SL. PEACHES Lt Syrup 51380 1 Cup 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	BEEF HOT DOGS 2 Each BAKED BEANS 1/2 Cup ♥ WHOLE GRAIN BROWN RICE 1 Cup MEDIUM ORANGE 1 Each FLAVORED WATER 1 Cup	BEEF BOLOGNA and CHEESE SANDWICH LR100157 1 Sand. 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1
<b>BREAKFAST WEDNESDAY 02-28-18</b>	<b>LUNCH WEDNESDAY 02-28-18</b>	<b>DINNER WEDNESDAY 02-28-18</b>	<b>SNACKS WEDNESDAY 02-28-18</b>
♥ WHOLE GRAIN WAFFLES 1.5 oz. LR100192 2 Each SYRUP SI102236 2 oz. ♥ OATMEAL LR100144 1 Cup LARGE APPLE 51450 1 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL YOGURT & CRUNCH LR100152 1 & 1	CHICKEN SANDWICH LR100208 1 Sand. BROCCOLI 11093 1 Cup MEDIUM BANANA 9040 2 Each 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each	SPAGHETTI & MEATSAUCE 10 oz. GFREEN BEANS 1 Cup VANILLA PUDDING 1/2 Cup FLAVORED WATER 1 Cup	TURKEY and CHEESE WRAP SR106233 1 Wrap 1% WHITE MILK SR103455 1 Cup NON-FAT CHOC MILK SR103456 1 Cup NON-FAT STRAW MILK SR100310 1 Cup  ALTERNATE MEAL PEANUT BUTTER and JELLY SANDWICH LR100033 1 Each

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