

# FEBRUARY 2023

## Andrews Academy

### LUNCH



**Available Daily:** Fresh Fruit, Salad, Milk & Water

Sandwiches: Sunbutter & Jelly or Turkey & Cheese  
Vegetarian Options



**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Turkey & Cheese Wrap  
Veggie & Cheese Wrap  
Homemade Potato Chips  
Veggies With Dip  
PM Snack: Trail Mix

6

Homemade Chicken Nuggets  
Tofu Nuggets  
Mixed Vegetables  
Mashed Potatoes  
PM Snack: Cupcake

7

Sloppy Joes  
Veggie Sloppy Joes  
French Fries  
Carrots  
PM Snack: Muffins

8

Baked Chicken Legs  
Vegetarian choice offered  
Mixed Vegetables  
Buttered Noodles  
PM Snack: cinnamon roll

9

Chicken Tenders  
Veggie Tenders  
Green Beans  
Mac & Cheese  
PM Snack: Rice Krispie Treats

10

Baked Spaghetti w/meat sauce  
Spaghetti w/Marinara sauce  
Garlic Bread  
Honey Carrots  
PM Snack: Lemon Bar

13

Frank in a Blanket  
Vegetarian choice offered  
Corn Nuggets  
Cauliflower  
PM Snack: Graham Crackers/ Cheese

14

Ham and Cheese Sliders  
Vegetarian choice offered  
Tator Tots  
Tossed Salad/w Dressings  
PM Snack: Blueberry Muffin

15

Baked Potato Bar  
Chicken Noodle Soup  
Vegetable Soup  
PM Snack: Sour Patch Grapes

16

No School or Daycare

17

BBQ Meat Balls  
Vegetarian choice offered  
Roasted Potatoes  
Broccoli  
PM Snack: Trail Mix

20

Beef Nachos  
Cheese Nachos  
Mexican Beans  
PM Snack: Fruited Jell-O

21

Turkey Burger  
Tofu Turkey  
Cheesy Potatoes  
Seasoned Green Beans  
PM Snack: Oatmeal Raisin Bar

22

Pepperoni Pizza  
Cheese Pizza  
Fried Green Beans  
PM Snack: Yogurt

23

Scrambled Eggs  
Bacon\Turkey Bacon  
Hash Browns  
PM Snack: Granola Bar

24

Macaroni and Cheese/w Ham  
Macaroni and Cheese  
Garlic Bread  
Peas  
PM Snack: Soft Pretzel

27

Deli Sub Sandwich  
Sweet Potato Fries  
PM Snack Fruit Fritter

28



# FEBRUARY 2023

## Andrews Academy

### BREAKFAST



**Available Daily:** Fresh Fruit, Cereal, Toast, Milk, Juice & Water  
Vegetarian Options



**February is National Hot Breakfast Month.** A hot breakfast can be anything from pancakes and waffles to breakfast sandwiches to oatmeal or cream of wheat. Which hot breakfasts will you try this month?



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Scrambled Eggs **1**  
Bacon/Turkey Bacon  
Raisin Biscuit  
  
AM Snack: Mini Muffins

Waffles **2**  
Turkey Sausage  
  
AM Snack: Yogurt Pretzels

Egg, Ham & Cheese Croissant **3**  
Egg & Cheese Croissant  
  
AM Snack: Grapes

Boiled egg **8**  
Bacon/Turkey Bacon  
Breakfast Potatoes  
  
AM Snack: Bananas

Western Omelet Bake **9**  
Vegetarian Omelet  
Hash Browns  
  
AM Snack: Apple Slices

French Toast Sticks **10**  
Bacon/Turkey Bacon  
  
AM Snack: Fruit Cubes

Scrambled Eggs & Bacon **15**  
Scrambled Eggs w/Tofu  
Breakfast Potatoes  
  
AM Snack: Orange Wedges

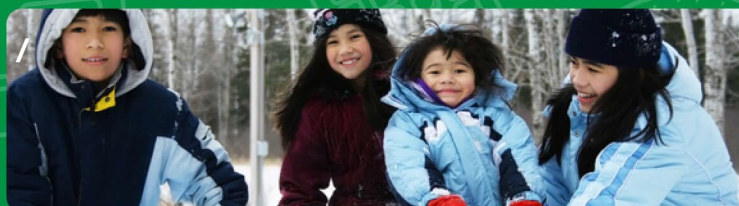
Breakfast Pizza **16**  
Vegetarian Breakfast Pizza  
  
AM Snack: Yogurt

No School or Daycare **17**

Scrambled Eggs & Bacon **22**  
Scrambled Eggs & Turkey Bacon  
Breakfast Potatoes  
  
AM Snack: Bananas

Cheese Omelet **23**  
Raisin Bread Toast  
  
AM Snack: Apple Slices

French Toast **24**  
Breakfast Turkey Ham  
  
AM Snack: Grapes



Oatmeal with choice of: **6**  
Raisins, Cinnamon or Brown Sugar  
Bacon/Turkey Bacon/Tofu  
  
AM Snack: Cheese & Crackers

Egg Cheese Sausage Muffin **7**  
Egg Cheese Muffin  
  
AM Snack: Granola Bar

Blueberry Pancakes **13**  
Bacon/Turkey Bacon  
  
AM Snack: Scones

Buttermilk Biscuit & Gravy **14**  
Turkey Sausage  
  
AM Snack: Banana Bread

Pancakes **20**  
Scrambled Eggs  
  
AM Snack Trail mix

Cinnamon Roll **21**  
Turkey Sausage  
  
AM Snack: Cheese & Crackers

Strawberry Pancakes **27**  
Turkey Sausage  
  
AM Snack: Chex Trail Mix

Egg & Cheese Breakfast Sandwich **28**  
Tofu and Cheese Breakfast Sandwich  
Breakfast Potatoes  
  
AM Snack: Donuts