

# Bridgeprep VG (3)

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p><u>BREAKFAST:</u> Fruit Pound Cake Milk</p> <p><u>LUNCH:</u> Salisbury Steak <i>gravy</i> Bread Mashed Potatoes Green Peas &amp; Carrots Fresh Fruit Milk</p> <p><u>SNACK:</u> Seasonal Fresh Fruits Milk</p>	<p><u>BREAKFAST:</u> Fruit English Muffin <b>Butter &amp; Jelly</b> Scrambled Egg Milk</p> <p><u>LUNCH:</u> BBQ Chicken Brown Rice Red Beans Plantains Fresh Fruit Milk</p> <p><u>SNACK:</u> Fruit Yogurt</p>	<p><u>BREAKFAST:</u> Fruit Waffles w/<b>Syrup</b> Milk</p> <p><u>LUNCH:</u> Corn Dog <i>Ketchup/Mustard</i> Baked Sweet Potatoes Fries Peas &amp; Carrots Fresh Fruit Milk</p> <p><u>SNACK:</u> Homemade Cookie Milk</p>
6	7	8	9	10
<p><u>BREAKFAST:</u> Juice Fresh Fruit Cereal Milk</p> <p><u>LUNCH:</u> Chicken Fettucine Alfredo Garlic Roll Broccoli Green Beans Fresh Fruit Milk</p> <p><u>SNACK:</u> Graham Crackers Milk</p>	<p><u>BREAKFAST:</u> Fruit Whole Grain Raisin Bread <b>Butter</b> Milk</p> <p><u>LUNCH:</u> Chicken Patty Bun Lettuce &amp; tomato <i>Ketchup &amp; Mayo</i> Sweet Potato Wedges Fresh Fruit Milk</p> <p><u>SNACK:</u> Banana Bread Milk</p>	<p><u>BREAKFAST:</u> Fruits Waffles <b>Syrup</b> Milk</p> <p><u>LUNCH:</u> Sauté Chicken Brown Rice Black Beans Corn Fresh Fruit Milk</p> <p><u>SNACK:</u> Animal Crackers Fruit</p>	<p><u>BREAKFAST:</u> Fruit Pancakes <b>Syrup</b> Milk</p> <p><u>LUNCH:</u> Spaghetti w/ Meatballs Garlic Bread Green Salad &amp; Tomato <b>Lowfat Ranch Dressing</b> Fruit Milk</p> <p><u>SNACK:</u> Granola Fruit Bar Milk</p>	<p><u>BREAKFAST:</u> Fruit Cereal** Milk</p> <p><u>LUNCH:</u> Turkey Stew Brown Rice Green Peas Fruit Milk</p> <p><u>SNACK:</u> Juice Oyster Crackers</p>



*Happy Valentine's Day*

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Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
<p><b><u>BREAKFAST:</u></b> Fruit Cereal Milk</p> <p><b><u>LUNCH:</u></b> Roasted Pork Stew Roll Mashed Potatoes Mixed Vegetables Fruit Milk</p> <p><b><u>SNACK:</u></b> Yogurt Fruit</p>	<p><b><u>BREAKFAST:</u></b> Fruit Blueberry Muffin Milk</p> <p><b><u>LUNCH:</u></b> Chicken Strips Brown Rice Mixed Green Salad <i>dressing</i> Corn Fruit Milk</p> <p><b><u>SNACK:</u></b> Poptarts Juice</p>	<p><b><u>BREAKFAST:</u></b> Fruit Cornbread Milk</p> <p><b><u>LUNCH:</u></b> Ropa Vieja Roll Moro Green Peas Seasonal Fresh Fruits Milk</p> <p><b><u>SNACK:</u></b> Juice Fish Crackers</p>	<p><b><u>BREAKFAST:</u></b> Juice Fruit English Muffin</p> <p><b><i>Cream Cheese &amp; Jelly</i></b> Milk</p> <p><b><u>LUNCH:</u></b> Chicken Teriyaki Brown Rice Broccoli Fruit Milk</p> <p><b><u>SNACK:</u></b> Lady Finger Pudding</p>	<p><b><u>BREAKFAST:</u></b> Fruit Toast <i>Jelly</i> Milk</p> <p><b><u>LUNCH:</u></b> Cheeseburger Lettuce &amp; Tomatoes <i>Mustard, Mayo, Ketchup</i> Carrots &amp; Green Beans Fruit Milk</p> <p><b><u>SNACK:</u></b> Milk Ritz Crackers</p>
20	21	22	23	24
<p><b><u>BREAKFAST:</u></b> Juice Fruit Granola Bar Milk</p> <p><b><u>LUNCH:</u></b> Penne Chicken Pasta Peas &amp; Carrots Bread Fruit Milk</p> <p><b><u>SNACK:</u></b> Fudge Cream Cookies Milk</p>	<p><b><u>BREAKFAST:</u></b> Juice Bagel <i>Cream Cheese</i> Milk</p> <p><b><u>LUNCH:</u></b> Beef Picadillo Rice Lentil Soup Green Beans Fruits Milk</p> <p><b><u>SNACK:</u></b> Yogurt Fruits</p>	<p><b><u>BREAKFAST:</u></b> Fruit Banana Bread Milk</p> <p><b><u>LUNCH:</u></b> Beef Ravioli Garlic Bread Steamed Spinach Fruit Milk</p> <p><b><u>SNACK:</u></b> Graham Crackers Milk</p>	<p><b><u>BREAKFAST:</u></b> Fruit Waffles <i>Syrup</i> Milk</p> <p><b><u>LUNCH:</u></b> Cuban Stew w/Carrtos Moro Mixed Vegetables Fruit Milk</p> <p><b><u>SNACK:</u></b> Rice Krispies Treat Juice</p>	<p><b><u>BREAKFAST:</u></b> Fruit Whole Wheat Toast <i>Butter &amp; Jelly</i> Milk</p> <p><b><u>LUNCH:</u></b> Pizza Tossed Salad w/ (Carrots &amp; Tomatoes) <i>dressing</i> Fruits Milk</p> <p><b><u>SNACK:</u></b> Milk Banana Bread</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
27	28			
<p><b><u>BREAKFAST:</u></b> Fruits Cereal Milk</p> <p><b><u>LUNCH:</u></b> Chicken Enchilada Bread Brown Rice Green Peas &amp; Corn Fruit Milk</p> <p><b><u>SNACK:</u></b> Animal Crackers Fruit</p>	<p><b><u>BREAKFAST:</u></b> Fruit French Toast (1 ½ slice) <b>Syrup</b> Milk</p> <p><b><u>LUNCH:</u></b> Beefaroni Garlic Bread Steamed Spinach Mixed Salad <b>dressing</b> Fruit Milk</p> <p><b><u>SNACK:</u></b> Ham (sliced) Whole Grain Bread <b>Mayo &amp; Mustard</b></p>			



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