

February 2025 Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
V = vegetarian Vegan = no meat, eggs, or dairy						1
2	3 AM: Scrambled Eggs, Pita <i>V: ok; Vegan: no eggs</i> PM: Tuscan White Bean Dip w/Jicama Sticks <i>V & Vegan: ok</i>	4 AM: Yogurt, Blueberries <i>V: ok; Vegan: no yogurt</i> PM: Quinoa Primavera, Cucumbers <i>V & Vegan: ok</i>	5 AM: Pancakes, Bananas <i>V: ok; Vegan: no pancakes</i> PM: Black Bean Roll Ups, Cucumbers <i>V & Vegan: ok</i>	6 AM: French Toast, Grapefruit <i>V: ok; Vegan: no French toast</i> PM: Applesauce, Crackers <i>V & Vegan: ok</i>	7 AM: Oatmeal, Pears <i>V & Vegan: ok</i> PM: Avocado, Pita <i>V & Vegan: ok</i>	8
9	10 AM: English Muffin, Strawberries <i>V & Vegan: ok</i> PM: Pinto Bean & Brown Rice Burritos <i>V & Vegan: ok</i>	11 AM: Shredded Wheat Cereal, Cantaloupe <i>V & Vegan: ok</i> PM: String Cheese, Crackers <i>V: ok; Vegan: no cheese</i>	12 AM: Cottage Cheese, Blueberries <i>V: ok; Vegan: no cheese</i> PM: Quesadillas, Apples <i>V: ok; Vegan: no quesadilla</i>	13 AM: Potatoes O' Brien, Oranges <i>V & Vegan: ok</i> PM: Hard Boiled Eggs, Rolls <i>V: ok; Vegan: no eggs</i>	14 AM: Cheerios, Bananas <i>V & Vegan: ok</i> PM: Baked Polenta Cakes w/ Marinara Sauce <i>V & Vegan: ok</i>	15
16	17 AM: Bagels, Mozzarella Cheese <i>V: ok; Vegan: no cheese</i> PM: Hummus, Pita <i>V & Vegan: ok</i>	18 AM: French Toast, Grapefruit <i>V: ok; Vegan: no French toast</i> PM: Black Bean Roll Ups, Cucumbers <i>V & Vegan: ok</i>	19 AM: Cream of Wheat, Watermelon <i>V & Vegan: ok</i> PM: Bow Tie Pasta & Roasted Vegetable Salad w/ Garbanzo Beans <i>V & Vegan: ok</i>	20 AM: Scrambled Eggs, Pita <i>V: ok; Vegan: no eggs</i> PM: Quinoa Primavera, Cucumbers <i>V & Vegan: ok</i>	21 AM: Yogurt, Blueberries <i>V: ok; Vegan: no yogurt</i> PM: Tuscan White Bean Dip w/Jicama Sticks <i>V & Vegan: ok</i>	22
23	24 AM: Pancakes, Bananas <i>V: ok; Vegan: no pancakes</i> PM: Applesauce, Crackers <i>V & Vegan: ok</i>	25 AM: Oatmeal, Pears <i>V & Vegan: ok</i> PM: Hard Boiled Eggs, Rolls <i>V: ok; Vegan: no eggs</i>	26 AM: English Muffin, Strawberries <i>V & Vegan: ok</i> PM: Quesadillas, Apples <i>V: ok; Vegan: no quesadilla</i>	27 AM: Shredded Wheat Cereal, Cantaloupe <i>V & Vegan: ok</i> PM: Pinto Bean & Brown Rice Burritos <i>V & Vegan: ok</i>	28 AM: Cottage Cheese, Blueberries <i>V: ok; Vegan: no cheese</i> PM: Bow Tie Pasta & Roasted Vegetable Salad w/ Garbanzo Beans <i>V & Vegan: ok</i>	