



Sprouts Early Learning Academy

February Meal Plan

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|--|---|---|--|--|
| Breakfast week 1 & 3 | Mini pancakes, oranges, milk | life, bananas, milk | Waffles,blueberries, milk | bagels, applesauce, milk | Greek yogurt, strawberries,milk |
| Breakfast week 2 & 4 | Mini pancakes, oranges, milk | English muffin & pb,bananas, milk | Waffles, blueberries,milk | Rice Krispies, applesauce,milk | Greek yogurt, strawberries,milk |
| Daily Snack | Pepperoni, cheese cubes | Trail mix, gogo applesauce | Goldfish, gogurt | apples,crackers | Simply Cheetos, craisins |
| | Monday 2/2/2026 | Tuesday 2/3/2026 | Wednesday 2/4/2026 | Thursday 2/5/2026 | Friday 2/6/2026 |
| | Ravioli, breadstick, berries,milk | Pulled Pork,green beans,mixed fruit,milk | Cheesy chicken & Rice,Broccoli,pineapple,milk | Scalloped potatoes & ham,corn,pears,milk | Pizza Sticks,Cottage cheese,peaches,milk |
| Lunch | 2/9/2026 | 2/10/2026 | 2/11/2026 | 2/12/2026 | 2/13/2026 |
| | Parm Butter Noodles,broccoli, berries,milk | chicken strips,veggie blend,melon,milk | Spaghetti,carrots,pineapple,milk | Softshell beef tacos, corn, mixed fruit,milk | mini pizzas,pears,green beans,milk |
| | 2/16/2026 | 2/17/2026 | 2/18/2026 | 2/19/2026 | 2/20/2026 |
| | Mac n Cheese,green beans, pears,milk | Turkey Club, Tomato & Cucumbers, berries,milk | Chicken noodles, corn,watermelon, milk | Ham & cheese slider,oranges,mixed veggie, milk | Pepperoni pizza,zucchini,peaches ,milk |
| | 2/23/2026 | 2/24/2026 | 2/25/2026 | 2/26/2026 | 2/27/2026 |
| | Cheeseburger,pickles, mixed friut,milk | tator tot casserole,green beans,berries,milk | Chicken Fajitas, corn,peaches,milk | Tomato Soup,grilled cheese,pineapple,milk | Meatballs in sauce,garlic bread,mixed fruit,milk |
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