








MOUNT SINAI CHRISTIAN ACADEMY  
FEBRUARY 2012  
MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>“Come, follow me... and I will make you fishers of men.”</i> <i>Mark 1:17</i></p>		<p><b>B:</b> Malt-O-Meal/Toast/Apple Juice <b>L:</b> Chicken Nuggets/Broccoli/Peaches <b>S:</b> Ritz Crackers/Peanut Butter</p>	<p><b>B:</b> Cheerios/Toast/Orange Juice <b>L:</b> Sausage/Red Beans/Rice Broccoli/Peaches <b>S:</b> Cheez-Its/Apple Juice</p> 	<p><b>B:</b> Cinnamon Toast/Bacon/Cran-Grape Juice <b>L:</b> Pizza/Corn/Tropical Fruit <b>S:</b> Graham Crackers/Applesauce</p>
<p><b>B:</b> Oatmeal/Toast/Grape Juice <b>L:</b> Chicken Nuggets/Spinach/Mashed Potatoes <b>S:</b> Animal Crackers/Milk</p>		<p><b>B:</b> Pancakes/Orange Wedges <b>L:</b> Ground Beef/Spaghetti Noodles/Corn/Peaches <b>S:</b> Ritz Crackers/Apple Juice</p>	<p><b>B:</b> Cream of Wheat/Toast/Grape Juice <b>L:</b> Grilled Cheese Sandwiches/Mixed Vegetable Soup/Bananas <b>S:</b> Apple Jacks/Milk</p> 	<p><b>B:</b> Fruit Loops/Toast/Orange Slices <b>L:</b> Baked Chicken/Rice/Beans/Lettuce &amp; Tomatoes <b>S:</b> Peanut Butter/Apples</p>
<p><b>B:</b> Oatmeal/Toast/Grape Juice <b>L:</b> Sausage/Mashed Potatoes/Mixed Vegetables/Bread <b>S:</b> Animal Crackers/Milk</p> 	<p><b>B:</b> Pancakes/Apple Juice <b>L:</b> Ground Beef/Spaghetti Noodles/Green Beans/Peaches <b>S:</b> Cookies/Milk</p>	<p><b>B:</b> Cream of Wheat/Toast/Orange Juice <b>L:</b> Sloppy Joes/Buns/French Fries/Mixed Fruit <b>S:</b> Ritz Crackers/Peanut Butter/Milk</p>	<p><b>B:</b> Cinnamon Crunch Cereal/Toast <b>L:</b> Ham &amp; Cheese Sandwiches/Corn/Applesauce <b>S:</b> Graham Crackers/Milk</p> 	<p><b>B:</b> Muffins/Orange Juice <b>L:</b> Hot Dogs/Buns/Pork-n-Beans/Mixed Fruit <b>S:</b> Peanut Butter Sandwiches/Milk</p>
<p><b>B:</b> Oatmeal/Toast/Grape Juice <b>L:</b> Corn Dogs/French Fries/Cheese Squares/Fruit Cocktail <b>S:</b> Granola Bars/Apple Juice</p>	<p><b>B:</b> Pancakes/Orange Juice <b>L:</b> Ground Beef/Spaghetti Noodles/Green Beans/Apples <b>S:</b> Vanilla Wafers/Vanilla Pudding/Milk</p>	<p><b>B:</b> Malt-O-Meal/Toast/Apple Juice <b>L:</b> Sliced Ham/Mashed Potatoes/English Peas/Bread <b>S:</b> Pretzels/Cheese Squares</p>	<p><b>B:</b> Corn Flakes/Toast/Banana <b>L:</b> Chicken Nuggets/Corn/Cheese Squares/Spinach <b>S:</b> Animal Crackers/Milk</p>	<p><b>B:</b> Cinnamon Toast/Sausage/Orange Juice <b>L:</b> Bar-B-Que on Bun/Corn/Peaches <b>S:</b> Cookies/Milk</p>
<p><b>B:</b> Oatmeal/Toast/Orange Juice <b>L:</b> Baked Chicken/Mashed Potatoes/Green Beans/Bread <b>S:</b> Granola Bars/Milk</p>	<p><b>B:</b> Pancakes/Grape Juice <b>L:</b> Ground Beef/Macaroni &amp; Cheese/Mixed Vegetables/Mixed Fruit <b>S:</b> Animal Crackers/Milk</p> 	<p><b>B:</b> Cream of Wheat/Toast/Orange Juice <b>L:</b> Beanie Weenies/Peas &amp; Carrots/Cornbread/Pineapple <b>S:</b> Cheez-Its/Apple Juice</p>	<p style="text-align: center;"><b>MATTERS OF THE HEART</b></p>  <p style="text-align: center;"><b>JESUS LOVES ME</b></p> <p style="text-align: center;"><b>THIS I KNOW!</b></p>	

WHOLE MILK IS SERVED DAILY TO CHILDREN AGES 12-36 MONTHS  
2 PERCENT MILK IS SERVED DAILY TO CHILDREN AGES 36 MONTHS AND OLDER