



















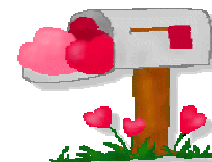


MOUNT SINAI CHRISTIAN ACADEMY  
FEBRUARY 2010  
MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
B: Cream-of-Wheat/Toast/Apple Juice L: Steakfingers/Mashed Potatoes/Mixed Vegetables S: Cake/Milk 	B: Pancakes/Sausage/Grape Juice L: Spaghetti/Broccoli/Peaches  S: Cookies/Milk 	B: Oatmeal/Toast/Grape Juice L: Tuna Casserole/Carrot Coins/Tropical Fruit S: Vienna Sausages/Crackers/Water	B: Cheerios/Bananas L: Corndogs/Tater Tots/Fruit Cocktail  S: Granola Bars/Milk	B: Cinnamon Toast/Bacon/Orange Juice L: Chicken Nuggets/Corn/Greenbeans  S: Fruit Bars/Milk
8	9	10	11	12
B: Oatmeal/Toast/Grape Juice L: Beef-a-Roni/Tossed Salad/Peaches S: Applesauce/Animal Crackers/Water 	B: Scrambled Eggs/Toast/Apple Juice L: Sloppy Joes/Tater Tots/Pineapple Tidbits  S: Cheez-Its/Milk 	B: Frosted Flakes/Orange Juice L: Baked Chicken/Rice/Gravy/Greenbeans/Fruit Cocktail S: Animal Crackers/Milk 	B: Biscuits/Sausage/Grape Juice L: Hamburger Pizza/Mixed Vegetables/Apple Wedges  S: Cucumbers/Carrots/Crackers/Water	B: Cinnamon Toast/Bacon/Apple Juice L: Grilled Cheese Sandwiches/Baked Beans/Carrots/Pickles/Orange Slices S: Cookies/Milk 
15	16	17	18	19
B: Buttered Rice/Toast/Cran-Grape Juice L: Beef-a-Roni/Spinach/Bread/Fruit Cocktail  S: Yogurt/Ritz Crackers/Water	B: Boiled Eggs/French Toast Sticks/Apple Juice L: Sausage/Mashed Potatoes/Greenbeans/Bread/Peaches  S: Poptarts/Milk	B: Nutri Bars/Bananas L: King Ranch Casserole/Tortillas/Mixed Vegetables/Pineapple Tidbits S: PB&J Sandwiches/Milk	B: Pancakes/Blueberries/Milk L: American Hamburgers/Fries/Tossed Salad  S: Graham Crackers/Milk	B: Cinnamon Toast/Bacon/Strawberries L: Tuna Sandwiches/Corn/Peaches  S: Ritz Crackers/Apple Juice
22	23	24	25	26
B: Oatmeal/Toast L: Frito Chili Pie/Tossed Salad/Peaches S: Graham Crackers/Apple Juice 	B: Pancakes/Bacon/Orange Juice L: American Corndogs/French Fries/Pineapple Chunks S: Rice Krispy Treats/Milk 	B: Cheerios/Bananas L: Chicken Spaghetti/Greenbeans/Tropical Fruit  S: Gold Fish/Grape Juice	B: Breakfast Bars/Apple Juice L: Beef Tacos/Spanish Rice/Pinto Beans/Fruit Cocktail S: Animal Crackers/Milk 	B: Cinnamon Toast/Bacon/Grape Juice L: Chicken Nuggets/Mashed Potatoes/Mixed Vegetables S: Oreos/Milk 

# MATTERS OF THE HEART



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