

February 2018 Dike - New Hartford

BREAKFAST

For a complete breakfast, choose up to 4 items.
Start with a fruit or juice then add other options.
(Entrees count as two items)



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Daily Choices

Fresh Fruit - Juice
Fruit Cup - Yogurt
Variety of Cereals
7:45 - 8:15 am Daily

Tuesday



Wednesday

Menu Subject to change
without notice.

DNH is an equal opportunity
employer

Thursday

Friday

5

BREAKFAST PIZZA

6

CHOCOLATE FILLED
CROISSANT

7

WAFFLES

8

LONG JOHN

9

BREAKFAST BITES

12

BREAKFAST BAR

13

MINI DONUTS

14

BISCUITS & GRAVY

15

APPLE OR CHERRY
FRUDEL

16

PANCAKES

19

DUTCH WAFFLE

20

BREAKFAST SANDWICH

21

BREAKFAST PIZZA

22

CHOCOLATE FILLED
CROISSANT

23

WAFFLES

26

LONG JOHN

27

BREAKFAST BITES

28

BREAKFAST BAR



February 2018

Dike-New Hartford



Feb 2nd No School
Feb 7 & 21 Early Out
Feb 26 – March 2 Lunchin' With
Someone You Love



MONDAY BOWL

Boiled Egg
 Cheese Cubes
 Crackers
 Elf Grahams

TUESDAY BOWL

Turkey&Cheese Wrap
 Goldfish Crackers

WEDNESDAY BOWL

Ham Cubes
 String Cheese
 Crackers
 Pretzel Goldfish

THURSDAY BOWL

Pizza Flatbread & Sauce
 Cheese/Pepperoni
 Elf Grahams

FRIDAY BOWL

Sliced Turkey &
 Cheese
 Crackers
 Scooby Snacks

Monday

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Tuesday



Wednesday

Thursday

Friday

Mandarin Chicken
 Or Crisпитos **5**
 Steamed Rice Fortune Cookie
 Stir Fry Veggies
 Peaches

Tacos or
 Chicken Fajitas **6**
 Spanish Rice
 Corn
 Mandarin Oranges

Beef & Noodles or
 Chicken & Noodles **7**
 Green Beans
 Homemade Bread
 Mixed Fruit

Hot Turkey Sandwich
 or Wolverine Burger **1**
 Mashed Potatoes & Gravy
 Mixed Fruit

NO SCHOOL **2**

French Toast
 Or Pancakes **12**
 Omelete
 Hashbrown
 Orange Juice

French Bread Pizza
 or Taco Quesadilla **13**
 Corn
 Monster Cookie
 Pineapple Chunks

Heart Chicken Nuggets
 or Fish Shapes **14**
 Pretzel & Cheese
 Broccoli
 Mixed Fruit

Maidrite or
 Chicken Sandwich **8**
 French Fries
 Baked Beans
 Applesauce

Macaroni & Cheese
 or Jumbo Ravioli **9**
 Turkey Sandwich
 Broccoli
 Pears

Mr Rib or
 Meatball Sub **15**
 Baked Beans
 Chips
 Cinnamon Apple Slices

Cheesy Breadstick or
 Mini Corn Dogs **16**
 Glazed Carrots
 Tater Tots
 Peaches

Calzone or
 Quesadilla **19**
 Cheesy Broccoli
 Frozen Yogurt
 Applesauce

Edibowl Taco Salad or
 Edibowl Chicken Fajita Sa **20**
 Corn
 Spanish Rice
 Pear Slices

Scalloped Potatoes & Ham
 or Tomato Soup **21**
 Grilled Cheese Sandwich
 Crackers
 Pineapple Tidbits

Pork Burger or
 Pizza Burger **22**
 French Fries
 Brownie
 Mixed Fruit

Tenderloin or
 Fish Sandwich **23**
 Mashed Potatoes
 Baked Beans
 Peaches

Chicken Strips
 or Shrimp **26**
 Mashed Potatoes & Gravy
 Breadstick
 Pears

Breakfast Sandwich
 or Breakfast Burrito **27**
 Hashbrown
 Baked Beans
 Orange Juice

Spaghetti or
 Chicken Alfredo **28**
 Homemade Bread
 Green Beans
 Peaches

