

The GTA MENU for February 2026

February 2-6

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Cereal, Fresh Oranges Milk	Frozen Waffles, Fresh Apple Slices, Milk	Whole Grain Pancakes/Syrup, Fresh Oranges, Milk	Scrambled Eggs, WW Toast Orange slices Milk	WG Bagels, Cream Cheese, Strawberries, Milk
Lunch	Beef Spaghetti, Roasted Broccoli Bananas, Milk	Butter Chicken/ Naan Bread Canned Peaches Milk	Chicken Quesadillas, Canned Corn, Fresh Pears, Milk	Chicken Pilaf, Fresh Salad, Pears Milk	Hotdogs Baked Chips, Canned Peaches, Milk *Chicken pasta
Snack	Yogurt and Crackers Apple juice	Boiled Eggs Orange Juice	Greek Yogurt and Fruit smoothie, WG Crackers	Biscuit w/Jelly sandwiches, Water	Pretzels/ Fruit Cups Milk

February 9-13

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole Grain Cereal (Honey Bunches of Oats), Fresh Apples, Milk	Scrambled Eggs, WW Toast, Fresh Oranges, Milk	Frozen Waffles Fresh Oranges Milk	Yogurt Parfait with granola and berries, Milk	Whole-grain pancakes fresh oranges, Milk
Lunch	Chicken Pilaf Mixed Salad, Fresh Mandarins, Milk	Baked Chicken, Mashed Potatoes Cheesy Toast, Fresh Apples, Milk	Lentil Soup with Veggies, WW Rolls, Bananas, Milk	Baked Tilapia, White Rice with Sweet Peas, Canned Fruit Cocktail, Milk	Beef Tacos with Lettuce and Tomatoes, Bananas, Milk *Beef pasta
Snack	Homemade WW Cheese toast White Grape Juice	Graham crackers, Canned pineapple chunks, water	PB & J sandwich Orange juice	WG English Muffin Pizza, apple juice	Cheese Sticks Fresh Apple Slices water

February 16-20

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Cheerios Fresh mandarin Milk	Bagels with Cream Cheese, Strawberries Milk	Croissants, Strawberry Jam, Fresh Orange Slices, Milk	Frozen Pancakes Pancakes, Fresh Grapes, Milk	Whole grain cereal (Honey Nut Cheerios), Fresh Oranges, Milk
Lunch	Beef Spaghetti, Canned Pineapple, Green Beans, Milk	Chicken Noodle Soup, WW Toast, Fresh Oranges, Fresh Salad Milk	Baked Chicken, Mashed Potatoes, Grapes Milk	Chicken Pilaf Mixed Salad, Fresh Mandarins, Milk	Mac and Cheese Baked Chips. Pineapple Chunks, Milk
Snack	cheese sticks Crackers Apple juice	Animal Crackers Apple Juice	Chex mix, Cantaloupe Slices	Cheese Quesadillas Water	Graham Crackers with Vanilla yogurt, water

February 23-27

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole Grain Cereal (Honey Bunches of Oats), Fresh Apples, Milk	Frozen French Toast Sticks Bananas Milk	Frozen Pancakes Fresh Berries, Milk	Scrambled Eggs, WW Toast, Fresh mandarin Milk	Croissants with Strawberry jam, Fresh Oranges, milk
Lunch	Beef Pasta Roasted Broccoli, Grapes, Milk	Baked Fish, White Rice, Watermelon, Milk	Chicken Quesadillas, Canned Corn. Canned Peaches, Milk	Chicken Mac and Cheese, Roasted Broccoli, Bananas, Milk	Chicken Pilaf, Fresh Salad Fresh Mandarins, Milk
Snack	Cream Cheese Sandwiches, Water	Chocolate Chip Muffins, Fresh Grapes, Milk	Pretzels, Cheese sticks, apple juice	Mini Pizza, Orange Juice	Animal Crackers, Fruit cups