



Blue Butterfly Cafe

Breakfast and Lunch Menu

February 2010



Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Breakfast Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	Daily Breakfast Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	Daily Breakfast Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	Daily Breakfast Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito	Daily Breakfast Choice of whole Grain Cereal, Yogurt, Muffin, Egg Burrito
	Happy Winter!			
1 Lunch Grilled Cheese Baked Beans Fresh Fruit	2 Lunch Burrito Cheesy Quesadilla Spanish Rice Fresh Fruit	3 Lunch Crispy Chicken Nuggets Mashed Potatoes Fresh Fruit	4 Lunch Orange Chicken Steamed Rice Orange Jell-o	5 Lunch Domino's Pizza Carrot-Celery Sticks Fresh Fruit
8 Lunch Spaghetti and Meatball Roll Fresh Fruit	9 Lunch Hot Dog On A Bun Oven Fries Fresh Fruit	10 Lunch Crispy Chicken Nuggets Oven Fries Fresh Fruit	11 Lunch Corn Dog Oven Fries Fresh Fruit	12 Lunch Cheese Pizza Carrot-Celery Sticks Fresh Fruit
15 President's Holiday 	16 Lunch Bean and Cheese Burrito Refried Beans Fresh Fruit	17 Lunch Crispy Chicken Nuggets Mashed Potatoes Fresh Fruit	18 Lunch Cheesy Beef Ravioli Green Beans Fresh Fruit	19 Lunch Domino's Pizza Carrot-Celery Sticks Fresh Fruit
22 President's Holiday 	23 Lunch Beef Dippers White Rice Fresh Broccoli Fresh Fruit	24 Lunch Crispy Chicken Nuggets Tater Tots Fresh Fruit	25 Lunch Taco Snack Refried Beans Fresh Fruit	26 Lunch Cheese Pizza Carrot-Celery Sticks Fresh Fruit

More Choices:

Daily Alternate Choice

Peanut Butter/Jelly

Yogurt with Sunflower Seeds and Fruit

Salad Bar

Salad Bar

Fresh seasonal fruits and veggies are provided daily in the salad bar

ALL LUNCHES NCLUDE SALAD BAR

Every meal Includes a choice of Milk, Chocolate Milk or Vanilla Soy Milk

Lunch Prices:
Student 2.50

Menu is subject to change without notice.

Harvest of the Month

Network for a Healthy California



BROCCOLI
February

Broccoli Activities

Circle all of the meals on the menu that contain broccoli.

- How many meals did you find?
- How many different ways can you think of to eat broccoli?
- How much broccoli do you plan to eat this week?

