



Selfhelp Maspeth 6961 Grand Avenue Maspeth NY 11378, (718)429-3636

## **BREAKFAST MENU February 2026**




Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg and Broccoli Scramble Instant Maple Flavored Oatmeal (1/2 cup) Whole Grain Apple Cinnamon Muffin (pre-prepared) Canned Pears (1 svg) 1% Low Fat Milk Ketchup (9g packet)	3 Farina Plain French Toast (pre-prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk	4 Bran Flakes Cereal Cheese Frittata Peanut Butter and Jelly Sandwich on Wheat Bread (pre-prepared) Banana 1% Low Fat Milk Ketchup (9g packet)	5 Cottage Cheese (1/2 cup) Creamy Apple-Raisin Oatmeal Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Margarine Pancake Syrup	6 Cheerios Egg Whites Mini Croissant (pre-prepared) Canned Sliced Peaches (1 svg) 1% Low Fat Milk Ketchup (9g packet)
9 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pineapple (1 svg) 1% Low Fat Milk Ketchup (9g packet) Pancake Syrup	10 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Canned Sliced Peaches (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp)	11 Cheese Omelet (pre prepared) Grits (1 cup) Non-Fat Blueberry Greek Yogurt (5.3oz) Banana 1% Low Fat Milk Margarine	12 Cheerios Egg Whites Peanut Butter and Jelly Sandwich on Wheat Bread (pre-prepared) Orange 1% Low Fat Milk Ketchup (9g packet)	13 Coconut Banana Whole Wheat French Toast Cottage Cheese (1/2 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup
16 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Canned Sliced Peaches (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp)	17 Cottage Cheese (1/2 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	18 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Banana 1% Low Fat Milk Pancake Syrup	19 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Fruit Salad 1% Low Fat Milk Margarine	20 Cheddar and Potato Bake Farina Non-Fat Peach Greek Yogurt (5.3oz) Orange 1% Low Fat Milk Margarine
23 Peanut Butter and Jelly Sandwich on Wheat Bread (pre-prepared) Scrambled Eggs Wheat Flake Cereal Apple 1% Low Fat Milk Ketchup (9g packet)	24 Oatmeal (1 cup) Potato Spinach Frittata Whole Grain Blueberry Muffin (pre-prepared) Orange 1% Low Fat Milk Ketchup (9g packet)	25 Dairy Free Texas French Toast (pre-prepared) Home Fries Scrambled Eggs with Red Peppers and Onions Canned Sliced Peaches (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup	26 Cheerios Cottage Cheese (1/2 cup) Egg and Broccoli Scramble Blueberries (1 svg) 1% Low Fat Milk Ketchup (1 Tbsp)	27 Bran Flakes Cereal Cheddar and Potato Bake Pancakes (pre-prepared) Fruit Cocktail (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup





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## LUNCH MENU February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Gravy Roasted Chicken Legs Multigrain Bread Baby Carrots and Parsley (1 svg) Homemade Mashed Potatoes Orange 1% Low Fat Milk	<b>3</b> Classic Lentil Soup (pre-prepared) California Veggie Burger (pre-prepared, 4oz) Cheddar Cheese Slice Whole Wheat Hamburger Bun Lemony Kale and Potatoes Apple 1% Low Fat Milk	<b>4</b> Baked Pork Whole Wheat Bread Steamed Broccoli and Cauliflower (1 svg) Sweet Baked Yams Banana 1% Low Fat Milk	<b>5</b> Deluxe Cheeseburger with Onions Whole Wheat Hamburger Bun French Fries (pre-prepared) Lettuce and Tomato (1 svg) Roasted Zucchini (1 svg) Canned Pears (1 svg) 1% Low Fat Milk	<b>6</b> Baked Salmon Yellow Rice Sauteed Spinach (1 svg) Canned Sliced Peaches (1 svg) 1% Low Fat Milk
<b>9</b> Italian Roasted Pork Tenderloin Whole Wheat Dinner Roll Broccoli with Toasted Garlic (1 svg) Cauliflower Rice Apple 1% Low Fat Milk	<b>10</b> Beef Meatloaf with Mushroom Gravy Multigrain Bread Creamed Spinach (1 svg) Garlic Mashed Potatoes (1/2 svg) Canned Pears (1 svg) 1% Low Fat Milk	<b>11</b> Oven Fried Chicken Whole Grain Cornbread Loaf (pre-prepared) Baked Sweet Potato Vegetable Mix (non-starchy) (1 svg) Banana 1% Low Fat Milk	<b>12</b> Classic Lentil Soup (pre-prepared) Tomato Braised Winter Squash with Chickpeas and Spinach Lemon Rice Mixed Green Salad with Dressing (1 svg) Orange 1% Low Fat Milk	<b>13</b> Baked Flounder Kaiser Roll Orzo Roasted Zucchini (1 svg) Fruit Cocktail (1 svg) 1% Low Fat Milk 
<b>16</b> <b>Presidents Day</b> Center Closed 	<b>17</b> Orange 1% Low Fat Milk BBQ Chicken Leg Quarters Whole Grain Cornbread Loaf (pre-prepared) Baked Red Potato Wedges Creamed Spinach (1 svg) 	<b>18</b> Velvety Meatless Shepherd's Pie Whole Wheat Dinner Roll Normandy Blend (1 svg) Apple 1% Low Fat Milk	<b>19 Party Day</b> Stuffed Cabbage Oven Roasted Potato Asian Blend Vegetables Chocolate Pudding Dinner Rolls Papaya & Mango Fruit Cup 1% Low Fat Milk	<b>20</b> Breaded Fish Fillet (pre-prepared) Orzo Whole Wheat Bread Broccoli with Toasted Garlic (1 svg) Canned Mandarin Oranges (1 svg) 1% Low Fat Milk
<b>23</b> Italian Roast Chicken Whole Wheat Dinner Roll Roasted Potatoes Sauteed Spinach and Tomatoes (1 svg) Orange 1% Low Fat Milk	<b>24</b> Mushroom Barley Soup Baked Pork Whole Grain Cornbread Loaf (pre-prepared) Oriental Blend Vegetables Sweet Baked Yams Apple 1% Low Fat Milk	<b>25</b> Beef Meatballs in Tomato Sauce Whole Wheat Bread Italian Blend Vegetables (1 svg) Spaghetti (1/2 cup) Pear 1% Low Fat Milk	<b>26</b> Fluffy Tofu Broccoli Souffle Multigrain Bread Baby Carrots and Parsley (1 svg) Garden Salad (no dressing) (1 svg) Canned Sliced Peaches (1 svg) 1% Low Fat Milk	<b>27</b> Baked Breaded Fish Fillets Brown Rice (1 cup) Roasted Zucchini (1/2 svg) Canned Pineapple (1 svg) 1% Low Fat Milk