

February Menu

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.
Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.

February 5-9

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Tuna & Cheese Sandwich (on whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Sloppy Joes on whole wheat buns Pears (Canned) Peas (frozen) Skim Milk	Gr. Beef, Pinto bean & cheese burritos Baby Carrots w/dip Corn (frozen) Skim milk	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Diced Peaches (canned) Skim Milk
Snack	Animal Crackers 100% Fruit Juice	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Apples Cheese slice	Ritz 100% Juice

February 12-16

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Whole wheat toast w/jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chicken Nuggets (child nutrition approved) Fresh Celery Sticks w/dip Ranch Beans (canned) Skim milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Tacos Soup (ground beef, pinto beans, mixed veggies & tomato sauce with cheese on top) Whole grain tortilla chips Fresh Fruit Skim Milk	Shepherd's Pie (ground beef, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Applesauce cups Skim milk
Snack	Pretzels 100% Fruit Juice	Wheat Thins (whole wheat) 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Water	String Cheese 100% Fruit Juice	Cheesy Crackers Skim Milk

February 19-23

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Presidents Day CLOSED	Muffins (whole grain) Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch		Turkey & Cheese Sandwich (on whole wheat bread) Baked Fries (frozen) Fresh Cauliflower w/dip Skim milk	BBQ Chicken Sandwich on a whole wheat buns Pears (Canned) Baked Beans (Canned) Skim Milk	Spaghetti w/meat and tomato sauce Green beans (canned) Skim milk	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Diced Peaches (canned) Skim Milk
Snack		Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Ritz 100% Fruit Juice	Apples Cheese Slice	Graham Crackers 100% Fruit Juice

February 26 - March 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Whole wheat toast w/honey Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Bean & Cheese burrito Fresh Fruit Corn (frozen) Skim milk	Hamburger Gravy over mashed potatoes Mixed veggies (frozen) Whole Wheat Rolls Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Tacos (ground beef, cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Applesauce Cups Skim milk
Snack	Cottage Cheese & Saltines Water	String Cheese 100% Fruit Juice	Yogurt & Whole grain cereal pieces Water	Pretzels 100% Fruit Juice	Wheat Thins (whole wheat) 100% Fruit Juice

The USDA is an equal opportunity provider and employer.