

# 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 4-8

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Grain English Muffins w/ honey Potato Rounds Skim Milk	Hardboiled eggs bananas Skim Milk	Whole wheat toast French Toast Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Corn Dogs (Child Nutrition labeled, whole grain breeding) Baked Beans (Canned) Cucumber Spears w/dip Skim Milk	Spanish Rice w/ground beef and tomato sauce Green beans (canned) Skim milk	Bean & Cheese burrito (whole grain tortilla) Fresh Baby Carrots w/dip Fresh Salad Skim milk	Hamburgers (ground beef patty on a whole grain bun) Pickles Fresh Fruit Skim milk	Turkey & Cheese Wrap (Assorted meats and cheese slices in a whole grain tortilla) Diced Peach Cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Cottage Cheese & Saltines Water	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Whole wheat bread with cinnamon butter 100% Fruit Juice	Teddy Grahams 100% fruit juice	Cheesy Crackers Skim Milk

## February 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Chicken Patties (child nutrition approved, whole grain breeding) Peas (frozen) Mashed Potatoes w/gravy Skim milk	Taco Salad (ground beef, cheese & fresh lettuce on whole corn tortilla chips) Ranch Style beans (canned) Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Hot Dogs on a whole wheat bun Pickles Fruit Cocktail Cups Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice	Sun Butter Dip Apples Water	Yogurt & Whole Wheat Cereal Pieces Ice water	Valentine Graham Crackers (w/pink frosting) 100% Fruit Juice	String cheese Ritz Crackers Water

## February 18-22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	President's Day - Closed	Muffins (whole grain) Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole Wheat English Muffins w/honey Hashbrowns Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>		Fish Sticks (child nutrition approved, whole grain breeding) Pears (canned) Mixed Veggies (frozen) Skim milk	Beef, pinto bean & cheese burritos on a whole wheat tortilla Applesauce Corn (frozen) Skim milk	Sloppy Joes on whole wheat buns Fresh cucumber spears w/dip Peas (frozen) Skim Milk	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>		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	Saltines Cottage Cheese Water

## February 25-March 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Whole grain Bagel w/butter and jam Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Pickled Beets (canned) Skim Milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Shepherd's Pie (ground beef, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Tacos Soup (ground beef, pinto beans, mixed veggies & tomato sauce with cheese on top) Whole corn tortilla chips Fresh Cauliflower w/ranch Skim Milk	Hot Dogs on a whole wheat bun Baby Carrots w/dip Fruit Cocktail cups Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Wheat Thins 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Water	Cheesy Crackers Skim Milk

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