

# February 2019 main menu

Toddler substitution in ( )

Breakfast and Lunch: Whole milk 2yrs-younger, 2% 3's & 4's

Fruit Selections: Grapes, Apples, Oranges, (bananas, berries, melon

Juice Selections: Apple Grape orange

\* wg whole grain

ants on log/ raft: celery or grams with cream cheese and raisins( banana) Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					1. cereal/ milk
Lunch					pizza broccoli fruit
PM Snack					snack mix
Breakfast	4. mini bagels/cream cheese/milk	5. Yogurt parfait	6. rice kripies/banana/milk	7. oatmeal/berries/milk	8. raisin bread
Lunch	Mac and cheese cooked pea Fruit	burgers roasted potatoes Fresh Fruit	spagetti and meatballs broccoli fruit	chicken pot pie biscuits/carrots Fruit	chicken patties corn/ (green beans) Fruit
PM Snack	pretzels/ juice	cucumber coins /ritz	animal crackers/juice	cheese & club crackers	chex mix/juice
Breakfast	11. applesauce/grams/milk	12. waffles/milk	13. chex cereal/milk	14. english muffins/jelly/milk	15 cinnamon rolls/milk
Lunch	ham and cheese on wheat baked beans fruit	chicken tenders broccoli Fruit	chicken alfredo carrots Fruit	sloppy joes roasted potatoes Fruit	Lasagna w/meat cooked corn Fruit
PM Snack	cheesesticks	fish in the river/raft	cheese-its /juice	chips and salsa	junior raisin mix/ juice
Breakfast	18. pears/grams/ milk	19. cinnamon toast/milk	20. Cheerios/banana/milk	21. cinnamon oatmeal/milk	22. mixed fruit
Lunch	spaghetti/meatballs broccoli Fruit	chicken fajitas carrots Fruit	cheese pizza peas Fruit	chicken pot pie biscuits/roasted potatoes fruit	beef tacos refried beans Fresh
PM Snack	wheat thins/ juice	carrots/dip/juice	goldfish/juice	grape tomatoes/cheese cubes	cheesy chex mix/juice
Breakfast	25. peaches/berry kix	26. pancakes/milk	27. cinnamon toast/milk	28. biscuit/apple butter/milk	
Lunch	meatloaf red potatoes fruit	beef and noodles carrots fruit	chicken tenders peas fruit	turkey wrap green beans fruit	
PM Snack	pita chips/ dip/juice	pepper slices/oyster crackers	vanilla wafers/juice	nacho chips/ juice	
Breakfast					
Lunch					

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PM Snack