

February 2021

Milk is served with breakfast and lunch daily: White Whole Milk servings: Ages 12 months through 24 months=4oz, White 1% Milk Ages 2-3= 4 oz Ages 3-5=6oz School Age= 8 oz
 Due to the availability of fresh produce, some substitutions may be made. ***Water is available at all meals*** GB: Grains VF: Vegetable/Fruit MA: Meat/meat
 alternate

Monday	Tuesday	Wednesday	Thursday	Friday
1. Tuna pasta salad GB Whole grain pasta (½ c) MA tuna (1.5oz) V cucumbers (¼ c) F apples (¼ c) O: Italian Dressing (1T) veg: pasta salad w/beans	2. Chicken Noodle Soup GB: whole grain roll (1) MA: Chicken and peas (2oz) V: Baked carrots (1/4c) F: orange wedges (1/2c) Veg: Vegetable soup w/beans	3.Pasta with meat sauce GB: whole grain pasta MA: ground turkey meat (1.5oz) V: green beans (¼ c) F: apple slices (¼ c) veg: sub extra cheese Veg: Pasta w/alfredo sauce and peas	4.Refried beans w/ tortilla GB: Whole grain tortilla MA: refried beans w/ cheddar cheese V: lettuce, tomato,corn (½ c) F: Pineapple O: sour cream	5.Chicken salad Sandwich GB: whole grain bread (1 slice) MA: chicken (1.5 oz) V: baby carrots (¼ c) F: pear (¼ c)
8.Grilled cheese & tomato soup GB Whole grain bread (1 slice) MA extra cheese (2oz) V tomato soup (¼ c) F applesauce (1/4c)	9.Mac N Cheese GB: whole grain pasta (1/2c) MA: extra cheese (1.5 oz) V: mixed vegetables: green beans, carrots, peas (¼ c) F: orange wedges (¼ c)	10.Breakfast for Lunch GB whole grain roll MA egg/turkey bacon V: cucumber and red pepper slices (¼ c) F apple slices (¼ c) O: ranch dressing (1 TBS)	11. Rice w/beans GB: Saffron rice MA: w/cheddar cheese V: lettuce, tomato,corn, blackbeans (¼ c) F: Pineapple (¼ c) O: sour cream	12. NO SCHOOL
15. NO SCHOOL	16. Turkey & Cheese Hoagie GB Whole grain bread (1 slice) MA turkey & cheese (1.5oz) V Broccoli/Cauli Medley ¼ c F orange wedges (¼ c) O: Italian Dressing (1T) veg: veggie burger for turkey	17. Pasta with meat sauce GB: whole grain pasta MA: ground turkey meat (1.5oz) V: green beans (¼ c) F: apple slices (¼ c) veg: sub extra cheese	18. Refried beans w/ tortilla GB: Whole grain tortilla MA: refried beans w/ cheddar cheese V: lettuce, tomato,corn (½ c) F: Pineapple O: sour cream	19. Chicken Salad Sandwich GB: whole grain bread (1 slice) MA: Chicken (1.5 oz) V: baby carrots (¼ c) F: watermelon (¼ c)

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22. Grilled cheese GB Whole grain bread (1 slice) MA extra cheese (2oz) V tomato soup (¼ c) F applesauce (1/4c)	23. Mac N cheese GB: whole grain pasta (1/2c) MA: extra cheese (1.5 oz) V: mixed vegetables: green beans, carrots, peas (¼ c) F: melon (¼ c)	24. Breakfast for Lunch GB whole grain roll MA hard boiled egg/turkey bacon V: cucumber/ red pepper slices (¼ c) F apple slices (¼ c) O: ranch dressing (1 TBS)	25. Rice with beans & fiesta salad GB: Whole grain rice MA: w/cheddar cheese V: lettuce, tomato, corn, blackbeans (¼ c) F: Pineapple (¼ c) O: sour cream	26. Build your own Pizza GB: Whole grain tortilla(1 slice) MA: extra cheese (1.5oz) V: baby carrots(¼ c) F: banana (¼c) O: tomato sauce (1T)
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Monday	Tuesday	Wednesday	Thursday	Friday
1. Kix Cereal (3/4c) GB: Kix Cereal VF: 100% apple juice	2. Life Cereal GB: Life Cereal (1/2c) VF: 100% orange juice	3. cinnamon raisin bread w/ cream cheese GB: whole grain bread (1 slice) MA: cream cheese (1.5oz) VF: 100% grape juice A :jelly(2oz)	4. Special K Cereal GB: Special K cereal (1/2c) VF: 100% cranberry juice (1/2c)	5. Rice Krispies GB: Rice Krispies (1/2c) VF: 100% pineapple juice
8. Crispix Cereal GB: Crispix Cereal (1/2c) VF: 100% apple juice	9. Bran Flakes GB: Bran flakes (1/2c) VF: 100% orange juice	10. Corn flakes GB: Corn flakes (1/2c) VF: 100% grape juice (1/2c)	11. whole grain bread GB: cinnamon raisin bread (1 slice) MA: cream cheese (1.5oz) VF: blueberries (1/2c)	12. NO SCHOOL
15. NO SCHOOL.	16. Life Cereal GB: Life Cereal (1/2c) VF: 100% orange juice	17. cinnamon raisin bread w/ cream cheese GB: whole grain bread (1 slice) MA: cream cheese (1.5oz) VF: 100% grape juice A :jelly(2oz)	18. Special K Cereal GB: Special K cereal (1/2c) VF: 100% cranberry juice (1/2c)	19. Rice Krispies GB: Rice Krispies (1/2c) VF: 100% pineapple juice

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22. Crispix Cereal GB: Crispix Cereal (1/2c) VF: 100% apple juice	23. Bran Flakes GB: Bran flakes (1/2c) VF: 100%orange juice	24. Corn flakes GB: Corn flakes (1/2c) VF: 100% grape juice (1/2c)	25.whole grain bread GB: cinnamon raisin bread (1 slice) w/ cream cheese (1.5oz) VF: blueberries (1/2c)	26.Cheerios (1/2c) GB: cheerios VF: 100% pineapple juice
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Monday	Tuesday	Wednesday	Thursday	Friday
1. Pretzels GB: Pretzels (16) D: Milk	2. GB: graham cracker VF: banana slices (1/2) A: Water	3. V baby carrots and cucumber slices (1/2c) GB: whole grain saltines(5) A Ranch	4. GB: Wheat thins (8) VF: apple sauce (1/2c) A: Water	5. GB: chex mix D: Milk
8.Animal Crackers GB: Animal Crackers (8) D: Milk	9. GB: Veggie straws VF: banana (1/2)	10.GB: corn chips (6) MA: corn salsa (1/2c)	11. GB: Ritz Crackers (5) M: string cheese A: water	12. NO SCHOOL
15. NO SCHOOL.	16. GB: graham cracker VF: banana slices (1/2) A: Water	17. V baby carrots and cucumber slices (1/2c) GB: whole grain saltines(5) A Ranch	18.GB: Wheat thins (8) VF: apple sauce (1/2c) A: Water	19. Chex mix D: Milk

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<p>22. Animal Crackers GB: Animal Crackers (8) D: Milk</p>	<p>23. GB: Veggie straws VF: banana (1/2)</p>	<p>24. GB: corn chips (6) MA: corn salsa (1/2c)</p>	<p>25. GB: Ritz Crackers (5) M: string cheese A water</p>	<p>26. Goldfish GB: Goldfish (16) D: Milk</p>
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