



February 2019



Care a lot
CHILD CARE
"Caring is at the heart of what we do!"

Give up fizzy drinks this February

		<p><u>31</u> <u>Breakfast</u> Bagels Cantaloupe</p> <p><u>Lunch</u> Chicken Nuggets Green Beans Whole Wheat Roll Nectarine</p> <p><u>Snack</u> Yogurt Graham Crackers</p>	<p><u>1</u> <u>Breakfast</u> Whole Wheat Carrot Muffin Apricots</p> <p><u>Lunch</u> Shells w/ Beef & Sauce Steamed Broccoli Pears</p> <p><u>Snack</u> Ritz Crackers Cheese Cubes</p>	
<p><u>4</u> <u>Breakfast</u> Corn Chex Pineapple Tidbits</p> <p><u>Lunch</u> Meatball Sub on a Whole Wheat Roll Carrots Fruit Cocktail</p> <p><u>Snack</u> Soynut Butter Dip Apple Slices</p>	<p><u>5</u> <u>Breakfast</u> Wheat Toast Bananas</p> <p><u>Lunch</u> Chicken w/ Brown Rice Mixed Veggies Applesauce</p> <p><u>Snack</u> Goldfish Crackers Grape Halves</p>	<p><u>6</u> <u>Breakfast</u> Whole Wheat Biscuit Diced Pears</p> <p><u>Lunch</u> Turkey & Gravy w/ Mashed Potatoes Whole Wheat Roll Pineapple Tidbits</p> <p><u>Snack</u> Vanilla Yogurt Graham Crackers</p>	<p><u>7</u> <u>Breakfast</u> Whole Wheat Pancakes Banana</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p><u>Snack</u> Whole Wheat Bread Sticks Marinara Dipping Sauce</p>	<p><u>8</u> <u>Breakfast</u> Whole Wheat English Muffin Apple</p> <p><u>Lunch</u> Hot Ham and Cheese Tomato Soup Tropical Fruit</p> <p><u>Snack</u> Cheddar Cheese Wheat Crackers</p>
<p><u>11</u> <u>Breakfast</u> Corn Flakes Tangerine</p> <p><u>Lunch</u> Ravioli & Meat Sauce Carrots Diced Pears</p> <p><u>Snack</u> Whole Wheat Banana Bread Milk</p>	<p><u>12</u> <u>Breakfast</u> Whole Wheat Cinnamon Muffin Fruit Cocktail</p> <p><u>Lunch</u> Chicken with Veggies and Pasta Diced Peaches</p> <p><u>Snack</u> Soft Pretzel Cheddar Cheese</p>	<p><u>13</u> <u>Breakfast</u> Mini-Quiche Apricot Halves</p> <p><u>Lunch</u> Baked Beans w/Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><u>Snack</u> Wheat Crackers Apple Slices</p>	<p><u>14</u> <u>Breakfast</u> Bagel Peaches</p> <p><u>Lunch</u> Pasta & Meat Sauce Green Salad Strawberries</p> <p><u>Snack</u> Whole Wheat Pita Bread w/ Soy Butter</p>	<p><u>15</u> <u>Breakfast</u> Cinnamon Wheat Toast Fresh Banana Slices</p> <p><u>Lunch</u> Chicken Noodle Soup Whole Wheat Roll Corn Pineapple Tidbits</p> <p><u>Snack</u> Vanilla Yogurt with Blueberries</p>



Could you and your family give up fizzy drinks for February?

Taking part in Fizz Free February is a great way to reduce your sugar intake by cutting out fizzy drinks. It can also help you on your way to drinking less sugary drinks for the rest of the year.

February 2019

<p><u>18</u> <u>Breakfast</u> Rice Krispies Orange</p> <p><u>Lunch</u> Sloppy Joe Whole Wheat Roll Hash Brown Potatoes Apple Slices</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>	<p><u>19</u> <u>Breakfast</u> Whole Wheat English Muffin Pineapple</p> <p><u>Lunch</u> Chicken w/ Brown Rice Peas and Carrots Cantaloupe</p> <p><u>Snack</u> Animal Crackers Pears</p>	<p><u>20</u> <u>Breakfast</u> Whole Wheat Pancakes Banana</p> <p><u>Lunch</u> Turkey on Wheat Bread w/ Lettuce & Cheese Fruit Cocktail</p> <p><u>Snack</u> Whole Wheat Cheese-its Apple Slices</p>	<p><u>21</u> <u>Breakfast</u> Oatmeal w/ Raisins & Craisins</p> <p><u>Lunch</u> BBQ Chicken Whole Wheat Roll Broccoli Apple Slices</p> <p><u>Snack</u> Ants on a Log (Bananas, Soy Butter & Raisins)</p>	<p><u>22</u> <u>Breakfast</u> Cornbread Sliced Peaches</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><u>Snack</u> Snack Mix Grapes</p>
<p><u>25</u> <u>Breakfast</u> Cheerios Pear Halves</p> <p><u>Lunch</u> Chicken Taco w/ Lettuce & Cheese on a Whole Wheat Wrap Corn Pineapple Chunks</p> <p><u>Snack</u> Apple Slices Pretzels</p>	<p><u>26</u> <u>Breakfast</u> Homemade French Toast Peaches</p> <p><u>Lunch</u> Soy Butter & Jelly on Wheat Bread Mixed Vegetables Fruit Cocktail</p> <p><u>Snack</u> Whole Wheat Pita Orange</p>	<p><u>27</u> <u>Breakfast</u> Breakfast Pizza on Whole Wheat Crust Fresh Banana Slices</p> <p><u>Lunch</u> Cheeseburger Macaroni Carrots Applesauce</p> <p><u>Snack</u> Salsa Corn Chips</p>	<p><u>28</u> <u>Breakfast</u> Bagels Cantaloupe</p> <p><u>Lunch</u> Chicken Nuggets Green Beans Whole Wheat Roll Nectarine</p> <p><u>Snack</u> Yogurt Graham Crackers</p>	



FROZEN YOGURT BANANA DIPPERS

total time: 1 HR 15 MINS

prep time: 15 MINS

cook time: 1 HR

INGREDIENTS:

1 small bunch of bananas, peeled and sliced in chunks

Greek Yogurt-any flavor, in a bowl

DIRECTIONS:

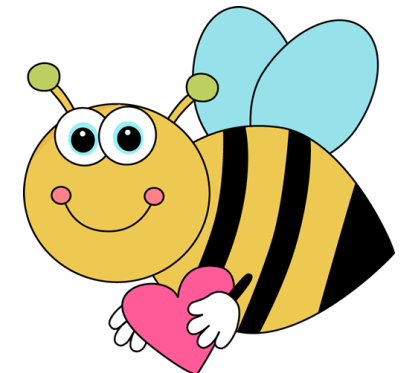
Place parchment paper on a plate, cutting board or baking sheet. Dry off the banana slices or use already frozen bananas. Carefully dip the bananas in the yogurt, use a fork to roll and gently lift the banana chunks out of the yogurt and onto the pan. Allow to freeze for at least 1 hour, or overnight. Remove the bananas and place in a Ziploc bag.

Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change

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(Not all prohibited bases apply to all programs).



FIZZ FREE FEBRUARY 2019

FORGET FIZZY DRINKS THIS FEBRUARY!
Tick every day you stay away from fizzy drinks

				Friday 1 st	Saturday 2 nd	Sunday 3 rd
Monday 4 th	Tuesday 5 th	Wednesday 6 th	Thursday 7 th	Friday 8 th	Saturday 9 th	Sunday 10 th
Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th	Saturday 16 th	Sunday 17 th
Monday 18 th	Tuesday 19 th	Wednesday 20 th	Thursday 21 st	Friday 22 nd	Saturday 23 rd	Sunday 25 th
Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th			



Your name: _____
Your school: _____



Printable calendar