



February 2019



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

				<p><u>1</u> Breakfast Whole Grain Toasted O's Banana Slices</p> <p><u>Lunch</u> Oven Baked Ham Scalloped Potatoes Whole Wheat Roll Fresh Fruit</p> <p><u>Snack</u> Whole Grain Goldfish Crackers 100% Grape Juice</p>
<p><u>4</u> Breakfast Corn Flakes Banana</p> <p><u>Lunch</u> Meatballs in White Sauce w/ Sweet Peas Whole Wheat Roll Fresh Fruit</p> <p><u>Snack</u> Vanilla Wafers Yogurt</p>	<p><u>5</u> Breakfast Whole Grain Waffle Pears</p> <p><u>Lunch</u> Oven Baked Chicken Tenders Carrots Sticks Wheat Roll Unsweetened Apple Sauce</p> <p><u>Snack</u> Whole Grain Animal Crackers Apples</p>	<p><u>6</u> Breakfast Whole Wheat Bagel Oranges</p> <p><u>Lunch</u> Cheese Pizza with Low Fat Mozzarella on Whole Wheat Crust Garden Salad Fresh Fruit</p> <p><u>Snack</u> Whole Grain Graham Crackers 100% Apple Juice</p>	<p><u>7</u> Breakfast Whole Grain Breakfast Bar Melon</p> <p><u>Lunch</u> Beef & Cheddar Macaroni Fresh Broccoli Florets Unsweetened Apple Sauce</p> <p><u>Snack</u> Whole Wheat Pretzels Fresh Pears</p>	<p><u>8</u> Breakfast Homemade Fruit Smoothie Banana</p> <p><u>Lunch</u> Oven Roasted Turkey with Mixed Veggies Whole Wheat Rice</p> <p><u>Snack</u> Cheddar Cheese Wheat Crackers</p>
<p><u>11</u> Breakfast Whole Grain Toasted O's Orange</p> <p><u>Lunch</u> Hot Dogs with Baked Beans Wheat Roll Fresh Fruit</p> <p><u>Snack</u> Whole Grain Goldfish Crackers 100% Grape Juice</p>	<p><u>12</u> Breakfast Whole Wheat French Toast Banana</p> <p><u>Lunch</u> Chicken Pasta w/ Mixed Veggies Fresh Fruit</p> <p><u>Snack</u> Melon Graham Crackers</p>	<p><u>13</u> Breakfast Hot Biscuit Peaches</p> <p><u>Lunch</u> Whole Wheat Turkey Wrap Broccoli Florets Fresh Fruit</p> <p><u>Snack</u> Wheat Crackers Apple Slices</p>	<p><u>14</u> Breakfast Old Fashioned Whole Grain Oats Strawberries</p> <p><u>Lunch</u> BBQ Chicken Sweet Corn Whole Wheat Roll Fresh Fruit</p> <p><u>Snack</u> Whole Wheat Pita Bread Hummus</p>	<p><u>15</u> Breakfast Corn Flakes Banana</p> <p><u>Lunch</u> Whole Wheat Pasta w/ Lean Ground Beef in a Vegetable Marinara Fresh Fruit</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>



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<p><u>18</u> <u>Breakfast</u> Rice Krispies Oranges</p> <p><u>Lunch</u> Soynut Butter and Jelly on Whole Wheat Bread Cauliflower Florets Fresh Fruit</p> <p><u>Snack</u> Whole Grain Graham Crackers Banana</p>	<p><u>19</u> <u>Breakfast</u> Multi-Grain Pancakes Strawberries</p> <p><u>Lunch</u> Taco Tuesday! Soft Chicken Taco on Whole Wheat Tortilla w/ Lettuce & Cheese Fresh Fruit</p> <p><u>Snack</u> Apple Wedges Skynet Butter</p>	<p><u>20</u> <u>Breakfast</u> English Muffin Apple Wedges</p> <p><u>Lunch</u> Beef & Cheddar Macaroni Broccoli Fresh Fruit</p> <p><u>Snack</u> Animal Crackers Pears</p>	<p><u>21</u> <u>Breakfast</u> Whole Grain Breakfast Bar</p> <p><u>Lunch</u> Chicken and Biscuits with Mixed Vegetables Fresh Fruit</p> <p><u>Snack</u> Whole Wheat Crackers Carrot Sticks</p>	<p><u>22</u> <u>Breakfast</u> Homemade Fruit Smoothie w/ Non-Fat Yogurt Apple</p> <p><u>Lunch</u> Brunch - Scrambled Eggs Whole Wheat Roll Hash Browns 100% Apple Juice</p>
<p><u>25</u> <u>Breakfast</u> Cheerios Orange Wedges</p> <p><u>Lunch</u> Whole Wheat Pasta w/ Lean Ground Beef in Vegetable Marinara Fresh Fruit</p> <p><u>Snack</u> Pears String Cheese</p>	<p><u>26</u> <u>Breakfast</u> French Toast Pineapple</p> <p><u>Lunch</u> Chicken & Broccoli w/ Whole Wheat Rice Fresh Fruit</p> <p><u>Snack</u> Apple Slices Ritz Crackers</p>	<p><u>27</u> <u>Breakfast</u> Muffin Banana</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Garden Salad Fresh Fruit</p> <p><u>Snack</u> Pretzel Rods 100% Grape Juice</p>	<p><u>28</u> <u>Breakfast</u> Whole Wheat Bagel Banana</p> <p><u>Lunch</u> Swedish Meatballs w/ Whole Wheat Roll Carrots Fresh Fruit</p> <p><u>Snack</u> Unsweetened Apple Sauce Animal Crackers</p>	

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

*In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity.
(Not all prohibited bases apply to all programs).*