

FEB/MARCH MENU

PRESCHOOL

MONDAY 2/24	TUESDAY 2/25	WEDNESDAY 2/26	THURSDAY 2/27	FRIDAY 2/28
<p><u>BREAKFAST</u></p> <p>½ oz. CEREAL ¼ C. PEACHES 6 oz. MILK</p> <p><u>LUNCH</u> <i>TURKEY SANDWICH</i></p> <p>1 oz. DELI TURKEY ¼ oz. W.G. BREAD ½ oz. AMERICAN CHEESE ¼ C. CARROTS ¼ C. APPLES 6 oz. MILK</p> <p><u>SNACK</u></p> <p>½ C. 100% JUICE ½ oz. CLUB CRACKERS</p>	<p><u>BREAKFAST</u></p> <p>½ oz. W.G. CORNFLAKES ¼ C. TANGERINES 6 oz. MILK</p> <p><u>LUNCH</u> <i>CFC BEEF & RICE CASSEROLE</i></p> <p>1 ½ oz. GROUND BEEF ¼ oz. W.G. RICE ¼ C. GREEN BEANS ¼ C. APPLE SAUCE 6 oz. MILK</p> <p><u>SNACK</u></p> <p>½ oz. PITA BREAD 1 oz. HUMMUS</p>	<p><u>BREAKFAST</u></p> <p>½ oz. WAFFLE ¼ C. STRAWBERRIES 6oz. MILK</p> <p><u>LUNCH</u> <i>FISH STICKS</i></p> <p>1 ½ oz. FISH 1/2 C. TATER TOTS ½ oz. W.W BREAD SLICE ¼ C. PEARS 6 oz. MILK</p> <p><u>SNACK</u></p> <p>2 oz. YOGURT ½ oz. GRAHAM CRACKERS</p>	<p><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL W/ RAISINS ¼ C. BANANAS 6 oz. MILK</p> <p><u>LUNCH</u> <i>BBQ CHICKEN LEGS</i></p> <p>1 ½ oz. CHICKEN ¼ C. COLESLAW ½ oz. HAWAIIAN ROLL ¼ C. PEACHES 6 oz. MILK</p> <p><u>SNACK</u></p> <p>½ oz. GOLDFISH ½ C. CANTALOUPE</p>	<p><u>BREAKFAST</u></p> <p>½ oz. W.G. SHREDDED WHEAT ¼ C. MIXED FRUIT 6 oz. MILK</p> <p><u>LUNCH</u> <i>PIZZA MUFFINS</i></p> <p>1 oz. PEPPERONI & ½ oz. CHEESE ¼ oz. ENGLISH MUFFIN ¼ C. ZUCCHINI ¼ C. PEACHES 6 oz. MILK</p> <p><u>SNACK</u> <i>STRAWBERRY YOGURT CLUSTERS</i></p> <p>½ C. STRAWBERRIES 1 oz. YOGURT</p>
MONDAY 3/3	TUESDAY 3/4	WEDNESDAY 3/5	THURSDAY 3/6	FRIDAY 3/7
<p><u>BREAKFAST</u></p> <p>½ oz. W.G. CHEERIOS ¼ C. FRUIT COCKTAIL 6 oz. MILK</p> <p><u>LUNCH</u> <i>CFC LUNCHABLE</i></p> <p>1 ½ oz. HAM ¼ oz. RITZ CRACKERS ¼ C. OLIVES & ¼ C. CELERY ¼ C. PEARS 6 oz. MILK</p> <p><u>SNACK</u></p> <p>½ oz. GOLDFISH ½ C. GRAPES</p>	<p><u>BREAKFAST</u></p> <p>½ oz. PANCAKES ¼ C. BLUEBERRIES 6 oz. MILK</p> <p><u>LUNCH</u> <i>CORN DOGS</i></p> <p>1 ½ oz. HOTDOG ¼ oz. CORN BREADING ¼ C. CARROT STICKS W/RANCH ¼ C. PEACHES 6 oz. MILK</p> <p><u>SNACK</u></p> <p>1 oz. CHEESE CUBES ¼ C. W.G.CRACKERS</p>	<p><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL W/ ¼ C. COOKED APPLE CHUNKS 6oz. MILK</p> <p><u>LUNCH</u> <i>CHICKEN TENDERS</i></p> <p>1 ½ oz. CHICKEN ¼ C. MIXED VEGGIES ½ oz. W.G. BROWN RICE ¼ C. PINEAPPLE 6 oz. MILK</p> <p><u>SNACK</u></p> <p>½ oz. CEREAL SNACK MIX ¼ C. DRIED FRUIT</p>	<p><u>BREAKFAST</u></p> <p>½ oz. W.W. TOAST & JELLY ¼ C. TANGERINE 6 oz. MILK</p> <p><u>LUNCH</u> <i>SLOPPY JOES</i></p> <p>1 ½ oz. GROUND BEEF ½ oz. BUN ¼ C. GREEN SALAD ¼ C. FRUIT COCKTAIL 6 oz. MILK</p> <p><u>SNACK</u></p> <p>1 oz. RITZ CRACKERS ½ C. 100% GRAPE JUICE</p>	<p><u>BREAKFAST</u></p> <p>½ oz. W.G. CORN FLAKES ¼ C. MIXED FRUIT 6 oz. MILK</p> <p><u>LUNCH</u> <i>CHICKEN NUGGETS</i></p> <p>1 ½ oz. CHICKEN ¼ C. SWEET POTATO FRIES ¼ C. W.W. SLICED BREAD ¼ C. MIXED FRUIT 6 oz. MILK</p> <p><u>SNACK</u> <i>CHEESE QUESSADILLA</i></p> <p>½ oz. FLOUR TORTILLA 1 oz. CHEESE SALSA</p>

Children under 2-Whole Milk Children 2 and older 1% Milk Unflavored Milk

NOTE Fruit selections are subject to change due to availability

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

MARCH MENU

PRESCHOOL

MONDAY 3/10	TUESDAY 3/11	WEDNESDAY 3/12	THURSDAY 3/13	FRIDAY 3/14
<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.G. CHEERIOS ½ C. FRUIT COCKTAIL 6oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Turkey Sandwich</i></p> <p>1 oz. DELI TURKEY ½ oz. CHEESE SLICE ½ oz. W.W. BREAD ½ C. LETTUCE ½ C. PEARS 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. GOLDFISH ½ C. CELERY STICKS W/RANCH</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. BAGELS W/CREAM CHEESE ½ C. BLUEBERRIES 6oz. MILK</p> <p align="center"><u>LUNCH-Bistro</u></p> <p align="center"><i>Italian Breaded Chicken Tenders</i></p> <p>1 ½ oz. CHICKEN ½ oz. FETTUCCINI ½ C. GREEN BEANS ½ C. TANGERINES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. GRAHAM CRACKERS 6 oz. MILK</p>	<p align="center"><u>BREAKFAST</u></p> <p align="center"><i>SHEET PAN PANCAKES</i></p> <p>½ oz. PANCAKE ½ C. APPLESAUCE ½ C. HASHBROWNS 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Lasagna</i></p> <p>1 oz. BEEF & ½ oz. CHEESE ½ oz. PASTA ½ C. SALAD ½ C. ORANGES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. M.G. CRACKERS ½ C. RED APPLES</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.G. NUTRIGRAIN BAR ½ C. KIWI 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Macaroni & Cheese</i></p> <p>½ oz. PASTA 1oz. CHEESE ½ oz. HAM ½ C. PEAS ½ C. PEACHES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. RITZ CRACKERS ½ C. GRAPES</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL ½ C. RAISINS & MIXED FRUIT 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Chicken Broccoli Casserole</i></p> <p>1 ½ oz. CHICKEN ½ C. BROCCOLI ½ oz. W.G. RICE ½ C. MIXED FRUIT 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. ANIMAL CRACKERS ½ C. 100% JUICE</p>
MONDAY 3/17	TUESDAY 3/18	WEDNESDAY 3/19	THURSDAY 3/20	FRIDAY 3/21
<p align="center"><u>BREAKFAST</u></p> <p>½ oz. CORNFLAKES ½ C. KIWI 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Ham Sandwich</i></p> <p>½ oz. W.W. BREAD 1 ½ oz. BEEF STEW ½ C. CARROTS, CELERY, POTATOES ½ C. PEACHES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. CEREAL MIX ½ C. GREEN GRAPES</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.G. BELVITA ½ C. APPLESAUCE 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Chicken Tacos</i></p> <p>½ oz. CHICKEN & ½ oz. BEANS ½ oz. SHREDDED CHEESE ½ C. LETTUCE/SALSA ½ oz. TORTILLA ½ C. KIWI 6oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. WAFFLES ½ C. STRAWBERRIES</p>	<p align="center"><u>BREAKFAST</u></p> <p align="center"><i>GREEN APPLE QUESADILLAS</i></p> <p>½ oz. FLOUR TORTILLA, ½ C. GREEN APPLES, CREAM CHEESE,CINNAMON 6oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Hamburger Soup</i></p> <p>1 ½ oz. BEEF ½ C. ZUCCHINI/POTATOES/MIXED VEGGIES</p> <p>½ oz. W.W. ROLL ½ C. RED APPLES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. VANILLA WAFERS ½ C. MANGO CHUNKS</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.W.TOAST ½ C. AVOCADO 1/4 C.CHERRY TOMATOES 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Chicken Burgers</i></p> <p>1 ½ oz. CHICKEN PATTY ½ oz. W.W. BUN ½ C. LETTUCE/TOMATO/Pickles ½ C. TANGERINES 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p>½ oz. BANANA BREAD 6 oz. MILK</p>	<p align="center"><u>BREAKFAST</u></p> <p>½ oz. W.G. CHEERIOS ½ C. MIXED FRUIT 6 oz. MILK</p> <p align="center"><u>LUNCH</u></p> <p align="center"><i>Tortellini & Sausage Soup</i></p> <p>1 oz. SAUSAGE & ½ oz. CHEESE ½ oz. PASTA ½ C. TOMATOES ½ C. MIXED FRUIT 6 oz. MILK</p> <p align="center"><u>SNACK</u></p> <p align="center"><i>BERRY SMOOTHIE</i></p> <p>½ C. Fruit/ vanilla yogurt/1/4 C.OJ 6 oz. GRAHAM CRACKERS</p>

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W.W. = WHOLE WHEAT

W.G. = WHOLE GRAIN

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