


FEBRUARY MENU

PRESCHOOL

MONDAY 2/10	TUESDAY 2/11	WEDNESDAY 2/12	THURSDAY 2/13	FRIDAY 2/14
<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CORNFLAKES ½ C. FRUIT COCKTAIL 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> HAM SANDWICH</p> <p>1 oz. DELI HAM ½ oz. W.W. BREAD ½ oz. AMERICAN CHEESE ½ C. CARROT STICKS WITH RANCH ¼ C. PINEAPPLE CHUNKS 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. GRAHAM CRACKERS 6 oz. MILK</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. ENGLISH MUFFINS/W JELLY ½ C. TANGERINES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> TURKEY STIR FRY</p> <p>1 ½ oz. GROUND TURKEY ½ C. GARLIC GREEN BEANS ½ oz. W.G. BROWN RICE ¼ C. PEARS 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. RITZ ½ C. APPLES</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL ½ C. ORANGES & ¼ RAISINS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> CHICKEN NOODLE SOUP</p> <p>1 ½ oz. CHICKEN ½ oz. NOODLES 1/2 C. MIXED VEGGIES ½ oz. ROLL ¼ C. BANANA 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>1 oz. HUMMUS ½ oz. W.W. PITA BREAD</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>1 oz. CHEERIOS ½ C. APPLES 8 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> CHICKEN TENDERS</p> <p>2 oz. CHICKEN TENDERS ½ C. SWEET POTATO FRIES 1 oz. BISCUIT ¼ C. MELON 8 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>1 oz. GOLDFISH ¼ C. KIWI</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. PANCAKES ½ C. STRAWBERRIES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> MEATBALL SLIDERS</p> <p>1 ½ oz. MEATBALL ½ oz. HAWAIIAN ROLL ¼ C. PASTA SAUCE ¼ C. CORN ¼ C. MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>2 oz. YOGURT ¼ oz. ANIMAL CRACKERS</p>
MONDAY 2/17	TUESDAY 2/18	WEDNESDAY 2/19	THURSDAY 2/20	FRIDAY 2/21
<p style="text-align: center;">CFC CLOSED</p> <p style="text-align: center;"> HAPPY Presidents DAY</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. LIFE CEREAL ½ C. KIWI 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> CHICKEN SAUSAGE PASTA</p> <p>1 ½ oz. KIELBASA SAUSAGE & SHREDDED CHICKEN ½ oz. PENNE PASTA ½ C. SPINACH ¼ C. GRAPES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. RITZ ½ C. CANTALOUPE</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. WAFFLE ½ C. BANANAS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> CFC BEEF & RICE CASSEROLE</p> <p>1 ½ oz. GROUND BEEF. ½ oz. WHITE RICE ½ C. MIXED VEGETABLES ¼ C. PEACHES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>1 oz. STRING CHEESE ½ oz. WHEAT THINS</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CORNFLAKES ½ C. PEARS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> MEATLOAF</p> <p>1 ½ oz. MEATLOAF ½ C. MASHED POTATOES ½ oz. ROLL ¼ c. APPLESAUCE 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. GOLD FISH CRACKERS ½ C. 100% JUICE</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL WITH RAISINS ½ C. MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> TOMATO HAMBURGER SOUP</p> <p>1 ½ oz. GROUND BEEF ½ C. MIXED VEGGIES ½ oz. GARLIC BREAD ¼ C. MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. CLUB CRACKERS 2 oz. YOGURT</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

JAN/FEB MENU

PRESCHOOL

MONDAY 1/27	TUESDAY 1/28	WEDNESDAY 1/29	THURSDAY 1/30	FRIDAY 1/31
<p><u>BREAKFAST</u> ½ oz. W.G. SHREDDED WHEAT ½ C. MANDARIN ORANGES 6 oz. MILK</p> <p><u>LUNCH</u> <i>TURKEY SANDWICH</i> 1 oz. DELI SLICED TURKEY ½ oz. CHEESE SLICE ½ oz. W.G. BEAD SLICE ½ C. CARROT STICKS/RANCH ¼ C. APPLESAUCE 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. RITZ CRACKERS ½ C. GRAPES</p>	<p><u>BREAKFAST</u> ½ oz. W.G. OATMEAL W/RAISINS ½ C. APPLES 6 oz. MILK</p> <p><u>LUNCH</u> <i>SWEET & SOUR MEATBALLS</i> 1 ½ oz. MEATBALLS ½ oz. RICE ½ C. STIR FRY VEGETABLES ¼ C. PINEAPPLE CHUNKS 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. MULTI GRAIN CRACKERS ½ C. 100% JUICE</p>	<p><u>BREAKFAST</u> ½ oz. RAISIN BREAD ½ C. BANANAS 6 oz. MILK</p> <p><u>LUNCH</u> <i>TAQUITOS</i> 1 ½ oz. SHREDDED BEEF ½ oz. CORN TORTILLA ½ C. PINTOS SALSA ¼ C. TANGERINES 6 oz. MILK</p> <p><u>SNACK</u> ½ C. CORNY SALSA ½ oz. TORTILLA CHIPS</p>	<p><u>BREAKFAST</u> ½ oz. W.G. CHEERIOS ½ C. STRAWBERRIES 6 oz. MILK</p> <p><u>LUNCH</u> <i>TUNA SALAD SAND.</i> 1 ½ oz. SHREDDED CHICKEN TUNA ½ oz. W.W. BREAD SLICE ½ C. CELERY STICKS/RANCH ¼ C. GRAPES 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. CLUB CRACKERS ½ oz. CHEESE CUBES</p>	<p><u>BREAKFAST</u> ½ oz. WAFFLES ½ C. KIWI 6 oz. MILK</p> <p><u>LUNCH</u> <i>CHICKEN NUGGETS</i> ½ oz. CHICKEN NUGGETS ½ C. TATER TOTS ½ oz. ROLL ¼ C. MIXED FRUIT 6 oz. MILK</p> <p><u>SNACK</u> ½ C. PEA PODS W/RANCH ½ oz. W.W. WHEAT THINS</p>
MONDAY 2/3	TUESDAY 2/4	WEDNESDAY 2/5	THURSDAY 2/6	FRIDAY 2/7
<p><u>BREAKFAST</u> ½ oz. W.G. CORN FLAKES ½ C. APPLESAUCE 6 oz. MILK</p> <p><u>LUNCH</u> <i>TURKEY SANDWICHES</i> 1 oz. DELI TURKEY ½ oz. W.G. BREAD ½ oz. CHEESE SLICE ½ C. CELERY STICKS/RANCH ¼ C. MANDARIN ORANGES 6 oz. MILK</p> <p><u>SNACK</u> ½ C. KIWI ½ oz. GOLD FISH</p>	<p><u>BREAKFAST</u> ½ oz. SCRAMBLED EGGS ½ C. TANGERINE 6 oz. MILK</p> <p><u>LUNCH</u> <i>HOT DOGS</i> ½ oz. BUN 1 ½ oz. HOT DOG ½ C. SWEET POTATO FRIES ½ C. PEARS 6 oz. MILK</p> <p><u>SNACK</u> 2 oz. YOGURT ½ oz. W.G. GRANOLA</p>	<p><u>BREAKFAST</u> ½ oz. W.G. OATMEAL ¼ C. RAISINS & ¼ C. APPLES 6 oz. MILK</p> <p><u>LUNCH</u> <i>ITALIAN PASTA SALAD</i> ½ oz. ROTINI PASTA 1 oz. SALAMI & ½ oz. CHEESE CUBES ¼ C. OLIVES & ¼ C. CHOPPED BROC. ¼ C. PEACHES 6 oz. MILK</p> <p><u>SNACK</u> <i>Banana Roll Up</i> ½ C. BANANA ½ oz. W.W. TORTILLA JELLY</p>	<p><u>BREAKFAST</u> ½ oz. W.W. ENGLISH MUFFIN W/ JELLY ½ C. CANTALOUPE 6 oz. MILK</p> <p><u>LUNCH</u> <i>SLOPPY JOES</i> ½ oz. W.W. BUN 1 ½ oz. GROUND BEEF ½ C. GREEN BEANS ¼ C. PINEAPPLE 6 oz. MILK</p> <p><u>SNACK</u> ½ C. BAKED APPLE SLICES ½ oz. GRAHAM CRACKERS</p>	<p><u>BREAKFAST</u> ½ oz. FRENCH TOAST STICKS ½ C. MIXED FRUIT 6 oz. MILK</p> <p><u>LUNCH</u> <i>CHICKEN TENDERS</i> 1 ½ oz. CHICKEN ½ C. COOKED CARROTS ½ oz. ROLL ¼ C. MIXED FRUIT 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. SALTINE CRACKERS 2 TBS. RANCH CREAM CHEESE SPREAD</p>

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