

JAN/FEB MENU

PRESCHOOL

MONDAY 1/26	TUESDAY 1/27	WEDNESDAY 1/28	THURSDAY 1/29	FRIDAY 1/30
<u>BREAKFAST</u> ½ oz. W.G. OATMEAL ¼ C. RAISINS & ¼ C. RED APPLES 6 oz. MILK <u>LUNCH</u> <i>HAM SANDWICH</i> 1 oz. HAM ½ oz. CHEESE ½ oz. W.G. BREAD 1/8 C. LETTUCE & 1/8 C. PICKLES ¼ C. TANGERINES 6 oz. MILK <u>SNACK</u> ½ oz. W.G. PITA BREAD ½ C. HUMMUS	<u>BREAKFAST</u> ½ oz. W.G. BAGELS @/ CREAM CHEESE ½ C. PEARS 6 oz. MILK <u>LUNCH</u> <i>SPAGHETTI</i> 1 ½ oz. GROUND BEEF ½ oz. PASTA ¼ C. CORN ¼ C. FRUIT COCKTAIL 6 oz. MILK <u>SNACK</u> ½ oz. RITZ CRACKERS ½ oz. CHEESE CUBES	<u>BREAKFAST</u> ½ oz. CHEX CEREAL ½ C. PEACHES 6 oz. MILK <u>LUNCH</u> <i>CHICKEN SALAD SANDWICH</i> 1 ½ oz. CHICKEN ½ oz. W.G. BREAD ½ C. CELERY & CARROTS ¼ C. GRAPES 6 oz. MILK <u>SNACK</u> ½ oz. WHEAT THINS ½ C. BANANAS	<u>BREAKFAST</u> ½ oz. CHEERIOS ½ C. APPLES 6 oz. MILK <u>LUNCH</u> <i>PIZZA MUFFINS</i> ½ oz. CHEESE 1 oz. PEPPERONI ¼ C. OLIVES ¼ C. FRESH BROCCOLI ½ oz. W.G. ENGLISH MUFFINS ¼ C. ORANGES 6 oz. MILK <u>SNACK</u> ½ oz. ANIMAL CRACKERS 2 oz. YOGURT	<u>BREAKFAST</u> ½ oz. PANCAKES ½ C. STRAWBERRIES 6 oz. MILK <u>LUNCH- Greek</u> <i>LEMON CHICKEN TENDERS</i> 1 ½ oz. CHICKEN ¼ C. GREEK ORZO SALAD ¼ oz. PITA ¼ C. MIXED FRUIT 6 oz. MILK <u>SNACK</u> ½ oz. W.G. CRACKERS ½ C. MIXED FRUIT
MONDAY 2/2	TUESDAY 2/3	WEDNESDAY 2/4	THURSDAY 2/5	FRIDAY 2/6
<u>BREAKFAST</u> ½ oz. W.G. BELVITA ½ C. PEACHES 6 oz. MILK <u>LUNCH</u> <i>CFC LUNCHABLE</i> 1 oz. DELI TURKEY ½ oz. AMERICAN CHEESE ½ oz. RITZ CRACKERS ¼ C. FRUIT COCKTAIL 6 oz. MILK <u>SNACK</u> ½ oz. GOLDFISH ½ C. 100% GRAPE JUICE	<u>BREAKFAST</u> ½ oz. WAFFLES ½ C. APPLESauce 6 oz. MILK <u>LUNCH-Indian</u> <i>CHICKEN CURRY CASSEROLE</i> 1 ½ oz. CHICKEN ½ oz. W.G. RICE ½ C. CARROTS, CELERY ONION ¼ C. MANDARINS 6 oz. MILK <u>SNACK</u> ½ C. PINEAPPLE CHUNKS ½ oz. OYSTER CRACKERS	<u>BREAKFAST</u> ½ oz. W.G. CHEERIOS ½ C. BANANAS 6 oz. MILK <u>LUNCH</u> <i>BEEF TACO SALAD</i> 1 oz. GROUND BEEF ½ oz. CHEESE ½ oz. TORTILLA CHIPS ¼ C. KIDNEY BEANS 1/8 C. LETTUCE 1/8 C. TOMATOES MILD SALSA ¼ C. MANGO 6 oz. MILK <u>SNACK</u> ½ oz. GRAHAM CRACKERS 4 oz. MILK	<u>BREAKFAST</u> ½ oz. W.G. CORNFLAKES ½ C. ORANGES 6 oz. MILK <u>LUNCH</u> <i>MACARONI & CHEESE W/ HAM</i> 1 oz. CHEESE ½ oz. HAM ½ oz. MACARONI ¼ C. PEAS ¼ C. GRAPES 6 oz. MILK <u>SNACK</u> ½ oz. CLUB CRACKERS ½ C. KIWI	<u>BREAKFAST</u> ½ oz. FRENCH TOAST STICKS ½ C. MIXED FRUIT 6 oz. MILK <u>LUNCH</u> <i>FISH STICKS</i> 1 ½ oz. FISH STICKS ½ C. COLESLAW 6 oz. W.G. TORTILLA ¼ C. PINEAPPLE 6 oz. MILK <u>SNACK</u> ½ oz. WHEAT THINS ½ C. MIXED FRUIT

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

W.G.= WHOLE GRAIN

NOTE Fruit selections are subject to change due to availability

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

FEBRUARY MENU

PRESCHOOL

MONDAY 2/9	TUESDAY 2/10	WEDNESDAY 2/11	THURSDAY 2/12	FRIDAY 2/13
<u>BREAKFAST</u> ½ oz. W.G. CORNFLAKES ½ C. FRUIT COCKTAIL 6 oz. MILK <u>LUNCH</u> <i>HAM SANDWICH</i> 1 oz. DELI HAM ½ oz. W.G. BREAD ½ oz. AMERICAN CHEESE ½ C. CARROT STICKS WITH RANCH ¼ C. PINEAPPLE CHUNKS 6 oz. MILK <u>SNACK</u> ½ oz. GRAHAM CRACKERS 6 oz. MILK	<u>BREAKFAST</u> ½ oz. W.G. ENGLISH MUFFINS/W JELLY ½ C. TANGERINES 6 oz. MILK <u>LUNCH-BISTRO</u> <i>MEATLOAF</i> 1 ½ oz. MEATLOAF ½ C. MASHED POTATOES ½ oz. ROLL ¼ c. APPLESAUCE 6 oz. MILK <u>SNACK</u> ½ oz. RITZ ½ C. APPLES	<u>BREAKFAST</u> ½ oz. W.G.OATMEAL ½ C. ORANGES & ¼ RAISINS 6 oz. MILK <u>LUNCH</u> <i>CHICKEN NOODLE SOUP</i> 1 ½ oz. CHICKEN ½ oz. NOODLES 1/2 C. MIXED VEGGIES ½ oz. ROLL ¼ C. BANANA 6 oz. MILK <u>SNACK</u> 1 oz. HUMMUS ½ oz. W.G. PITA BREAD	<u>BREAKFAST</u> 1 oz. M.G. CHEERIOS ½ C. APPLES 8 oz. MILK <u>LUNCH</u> <i>CHICKEN TENDERS</i> 2 oz. CHICKEN TENDERS ½ C. SWEET POTATO FRIES 1 oz. BISCUIT ¼ C. MELON 8 oz. MILK <u>SNACK</u> 1 oz. GOLDFISH ¾ C. KIWI	<u>BREAKFAST</u> ½ oz. PANCAKES ½ C. STRAWBERRIES 6oz. MILK <u>LUNCH</u> <i>MEATBALL SLIDERS</i> 1 ½ oz. MEATBALL ½ oz. HAWAIIAN ROLL ¼ C. PASTA SAUCE ¼ C. CORN ¼ C. MIXED FRUIT 6 oz. MILK <u>SNACK</u> 2 oz. CHEESE CUBES ½ oz. CLUB CRACKERS
MONDAY 2/16	TUESDAY 2/17	WEDNESDAY 2/18	THURSDAY 2/19	FRIDAY 2/20
CFC CLOSED 	Happy Lunar New Year! <u>BREAKFAST</u> ½ oz. W.G.LIFE CEREAL ½ C. KIWI 6 oz. MILK <u>LUNCH</u> <i>GRILLED CHICKEN</i> 1 ½ oz. GRILLED CHICKEN ½ serv. VEG. SPRING ROLLS ½ oz. W.G. BREAD ¼ C. MANDARIN ORANGES 6 oz. MILK <u>SNACK</u> ½ oz. RITZ ½ C. APPLES	<u>BREAKFAST</u> ½ oz. W.G. WAFFLE ½ C. BANANAS 6 oz. MILK <u>LUNCH</u> <i>KOREAN GROUND BEEF & RICE</i> 1 ½ oz. GROUND BEEF ½ oz. BROWN RICE ½ C. GREEN BEANS ¼ C. GRAPES 6 oz. MILK <u>SNACK</u> 1 oz. STRING CHEESE ½ oz. WHEAT THINS	<u>BREAKFAST</u> ½ oz. W.G. CORNFLAKES ½ C. PEARS 6 oz. MILK <u>LUNCH</u> <i>RAMEN & CHICKEN TENDERS</i> 1 ½ oz. CHICKEN ½ oz. RAMEN (Maruchan brand) ½ C. MIXED VEGETABLES ¼ C. PEACHES 6 oz. MILK <u>SNACK</u> ½ oz. GOLDFISH CRACKERS ½ C. 100% JUICE	<u>BREAKFAST</u> ½ oz. W.G.OATMEAL WITH RAISINS ½ C. MIXED FRUIT 6 oz. MILK <u>LUNCH</u> <i>CHICKEN GYOZA POSTICKER SOUP</i> 1 ½ oz. CHICKEN ½ C. MIXED VEGGIES ½ oz. W.G. BREAD ¼ C. MIXED FRUIT 6 oz. MILK <u>SNACK</u> ½ oz. ANIMAL CRACKERS 2 oz. YOGURT

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