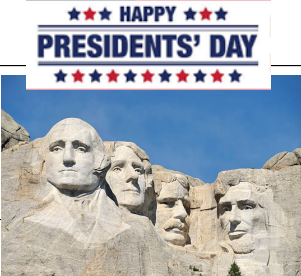


february

The Children's Center FEBRUARY 2025 Menu One and Older Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Breakfast: Oatmeal, pears, Milk	Breakfast: Cheerios, Honey Dew Melon, Milk Lunch: Pulled Chicken BBQ whole grain roll, corn, Spinach*, Milk Snack: Whole grain cheez its, sliced apples, water	Breakfast: Chicken Sausage Link, Peaches, Milk Lunch: Fish Nuggets, broccoli*, Sweet Potato Nuggets, Milk and Whole Grain Roll Snack: Whole grain Tortilla with Cream Cheese, Milk	Breakfast: Breakfast Pizza, pears, Milk Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie***, Milk _____ Snack: Cantaloupe & Ritz Crackers and water	Breakfast: Kix, pineapple, Milk Lunch: Cheese Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk _____ Snack: Chips and Salsa, Milk
				
10	11	12	13	14
			BOARD MEETING	EHS/HS Closed - Teacher Work Day
Breakfast: Hot Biscuit, peaches, Milk	Breakfast: Kix, pineapple, Milk	Breakfast: Chicken sausage links,**chef's choice fruit**, Milk _____	Breakfast: Pancakes, applesauce, sugar free syrup, Milk	
Lunch: Chicken and rice casserole, peas, **chef's choice fruit**, Whole grain roll, Milk _____	Lunch: Meatballs on whole grain roll, tropical fruit , ^green beans, Milk	Lunch: Chili, applesauce, whole grain roll and Milk	Lunch: Grilled chicken patty on bun, corn, peas, Milk	
Snack: Whole grain cheez its and Milk	Snack: Tortilla Pizza, water	Snack: Vanilla yogurt, peaches and water	Snack: Apple Slices and saltines and water	
17	18	19	20	21
CLOSED				
	Breakfast: Waffles, pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, pears, Milk	Breakfast: Cream of Wheat, applesauce, Milk
	Lunch: Cheese Omelet, hash browns, pears, wheat biscuit and Milk	Lunch: Spaghetti w/meat sauce on whole grain noodles, **chef's choice veggie** Cantaloupe and Milk _____	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk	Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk
	Snack: Mandarin Oranges and Milk	Snack: Warm wheat biscuit, *chef's choice fruit* & water	Snack: Tortilla with Cream Cheese, Milk	Snack: Cheese sandwich, pineapple and water
24	25	26	27	28
	POLICY COUNCIL			
Breakfast: Oatmeal, pears, and Milk	Breakfast: Kix, mandarin oranges, Milk	Breakfast: Chicken Sausage links , pineapple, Milk		Breakfast: French toast chef's choice fruit and Milk
Lunch: Turkey sub on whole grain bun, w/ lettuce and *tomato, tater tots w/ketchup and Milk	Lunch: Chicken Spaghetti Bake, peas,**chef's choice veggie** and Milk	Lunch: Swai fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk _____		Lunch: Macaroni and cheese , ^green beans, yams* and Milk
Snack: Apple Slices and saltines and water	Snack: String Cheese and Milk	Snack: Pears and Milk		Snack: whole grain cheeze its, mandarin oranges and water
			Breakfast: Waffles, bananas, Milk Lunch: Meatball sub on whole grain bun, pears, *Spinach, Milk Snack: Gold fish crackers and Milk	

* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger that 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All Milk is low fat - Individualized Menus will be sent separately.

"This institution is an equal opportunity provider and employer"

^Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods

February is...

