

FEBRUARY MENU 2019 – FROM THE HEART

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">* Menu Subject to Change</p> <p style="text-align: center;">This institution is an equal opportunity provider.</p> <p style="text-align: center;">All Meals Provided By Teach, Learn, Change</p>				<p style="text-align: right;">1</p> <p>Breakfast: Bagel, Fruit, Milk Lunch: Chicken Salad Chicken, WG Pita Bread, Salad, Carrots, Milk Snack: Goldfish, Fruit</p>
<p style="text-align: right;">4</p> <p>Breakfast: Rice Krispies, Fruit, Milk Lunch: Enchilada Pie Ground Turkey, WG Corn Tortillas, Refried Beans, Fruit, Milk Snack: Pretzels, 100% Fruit Juice</p>	<p style="text-align: right;">5</p> <p>Breakfast: Waffles, Fruit, Milk Lunch: Teriyaki Chicken Chicken, WG Brown Rice, Peas & Carrots, Fruit, Milk Snack: WG Wheat Thins, Cheese Cubes</p>	<p style="text-align: right;">6</p> <p>Breakfast: Rice Chex, Fruit, Milk Lunch: Tacos Ground Turkey, Shredded Lettuce, Tomatoes, Refried Beans, WG Corn Tortilla, Milk Snack: Yogurt, Fruit</p>	<p style="text-align: right;">7</p> <p>Breakfast: French Toast Sticks, Fruit, Milk Lunch: Chicken Alfredo Chicken, WG Pasta, Green Beans, Fruit, Milk Snack: Animal Crackers, Milk</p>	<p style="text-align: right;">8</p> <p>Breakfast: Pancake, Fruit, Milk Lunch: Build A Burger Slider, WG Bun, Waffle Fries, Lettuce, Sliced Tomato, Milk Snack: Ritz, String Cheese</p>
<p style="text-align: right;">11</p> <p>Breakfast: Corn Chex, Fruit, Milk Lunch: Chicken Taco Chicken, WG Corn Tortilla, Shredded Lettuce, Tomatoes, Pinto Beans, Milk Snack: Chex Mix, Fruit</p>	<p style="text-align: right;">12</p> <p>Breakfast: Bagel, Fruit, Milk Lunch: Asian Chicken Salad Chicken, Salad Greens, WG Pita Bread, Fruit, Milk Snack: Animal Crackers, Milk</p>	<p style="text-align: right;">13</p> <p>Breakfast: Kix, Fruit, Milk Lunch: Sloppy Joes Ground Turkey, WG Bun, Tater Tots, Cucumber, Milk Snack: Yogurt, Fruit</p>	<p style="text-align: right;">14</p> <p>Breakfast: Rice Krispies, Fruit, Milk Lunch: Chili Ground Turkey, Kidney Beans, WG Brown Rice, Corn, Milk Snack: Cheez Its, 100% Fruit Juice</p> 	<p style="text-align: right;">15</p> <p>Breakfast: Biscuit, Gravy, Fruit, Milk Lunch: Spaghetti Ground Turkey, WG Pasta, Green Beans, Fruit, Milk Snack: Pretzels, Carrots</p>
<p style="text-align: right;">18</p> 	<p style="text-align: right;">19</p> <p>Breakfast: Corn Flakes, Fruit, Milk Lunch: Salisbury Steak Patty, WG Dinner Roll, Corn, Mashed Potatoes, Milk Snack: Goldfish, 100% Fruit Juice</p>	<p style="text-align: right;">20</p> <p>Breakfast: WG Cheerios, Fruit, Milk Lunch: Spaghetti & Meatballs Meatball, WG Pasta, Green Beans, Salad, Milk Snack: Yogurt, WG Graham Cracker</p>	<p style="text-align: right;">21</p> <p>Breakfast: Pancake, Fruit, Milk Lunch: Turkey Sub Sliced Turkey, WG Bread, Carrots, Lettuce, Tomato, Milk Snack: Ritz, Cheese Cubes</p>	<p style="text-align: right;">22</p> <p>Breakfast: English Muffin, Fruit, Milk Lunch: Hawaiian Chicken Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Animal Crackers, Milk</p>
<p style="text-align: right;">25</p> <p>Breakfast: Kix, Fruit, Milk Lunch: BBQ Pulled Chicken Chicken, WG Bun, Baked Beans, Fruit, Milk Snack: WG Wheat Thins, Cheese</p>	<p style="text-align: right;">26</p> <p>Breakfast: Multi Grain Cheerios, Fruit, Milk Lunch: Fried Rice w/ Chicken Chicken, Brown Rice, Peas & Carrots, Salad, Milk Snack: Graham Crackers, Milk</p>	<p style="text-align: right;">27</p> <p>Breakfast: Rice Chex, Fruit, Milk Lunch: Meatball Sub Meatball, WG Sub Roll, Waffle Fries, Cucumber, Milk Snack: Cheez Its, 100% Fruit Juice</p>	<p style="text-align: right;">28</p> <p>Breakfast: French Toast Sticks, Fruit, Milk Lunch: Chicken Caesar Salad Chicken, Romaine Lettuce, WG Pita Bread, Fruit, Milk Snack: Goldfish, Fruit</p>	

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast: grain - ½ serving bread or muffin or 1/3 cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup 1% plain milk
Lunch: meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit - ¼cup; milk- ¾cup 1% plain milk
Snack (two of the following): meat/meat alternate - ½oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup 1% plain milk
*(WG) = Whole Grain