

Early Learning Center Menu February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Breakfast: Waffles w/syrup & fruit Lunch: Fettucine noodles w/alfredo sauce, grilled chicken, broccoli, & fruit Snack: Sun Chips (wg) & fruit	5 Breakfast: Yogurt, fresh fruit, & Granola Lunch: Hamburger Patty, brown rice (wg) w/gravy, carrots, and fruit Snack: Goldfish and fruit	6 Breakfast: Muffins & fruit Lunch: Chicken Nuggets, tater tots, mixed veggies, roll (wg), & fruit Snack: Graham crackers, fruit, & yogurt	7 Breakfast: Cereal, fruit Lunch: Soft shell (wg) beef tacos, lettuce, tomatoes, refried beans, & fruit Snack: Carrots w/hummus and fruit	8 Breakfast: Sausage Biscuits & fruit Lunch: Pizza, salad, & fruit Snack: Cheese crackers (wg) and fruit
11 Breakfast: Pancakes w/syrup & fruit Lunch: Chicken patty on a bun (wg), sweet potato wedges, corn, and fruit Snack: yogurt, fresh fruit	12 Breakfast: Yogurt, fruit & granola Lunch: Chili w/cornbread, carrot sticks w/ranch, fruit Snack: Sun Chips (wg) and fruit	13 Breakfast: French toast w/syrup & fruit Lunch: Steak Fingers, mashed potatoes, mixed veggies, roll (wg), & fruit Snack: Graham Crackers and fruit	14 Breakfast: Cereal & fruit Lunch: Cheesy chicken and rice (wg) casserole, broccoli, & fruit Snack: Cheese-Its, fruit	15 Breakfast: Chicken biscuit & fruit Lunch: Pizza, salad & fruit Snack: Cheese & crackers (wg), fruit
18 Breakfast: Waffles w/syrup & fruit Lunch: Chicken Crispitos, refried beans, brown rice (wg), and fruit Snack: Cheese-its & Applesauce	19 Breakfast: Yogurt, fruit & granola Lunch: Teriyaki meatballs, noodles, peas & carrots, and fruit Snack: Graham Crackers and fruit	20 Breakfast: Muffins & fruit Lunch: Ham & Cheese, Rollups (wg), salad w/dressing, fruit. Snack: Goldfish & fruit	21 Breakfast: Cheerios (wg) & fruit Lunch: Meatloaf, mashed potatoes, broccoli, roll (wg) and fruit Snack: Cheese-its & Applesauce	22 Breakfast: Sausage Biscuit & fruit Lunch: Pizza, salad & fruit Snack: Cheese & crackers (wg), fruit
23 Breakfast: Pancakes with syrup & fruit Lunch: Chicken nuggets, baked beans, steak fries, & fruit Snack: Hummus, carrot sticks, & fruit	24 Breakfast: Yogurt, fruit & granola Lunch: Spaghetti (wg) & meatballs, salad with dressing, carrots, fruit Snack: Goldfish & fruit	25 Breakfast: Muffins & fruit Lunch: Breakfast for Lunch: Pancakes w/syrup, tater tots, sausage, & applesauce Snack: Sun Chips (wg) and fruit	26 Breakfast: Cereal & fruit Lunch: Macaroni (wg) & cheese, pinto beans, cornbread, broccoli, breaded okra, & fruit Snack: Cheese-its & Applesauce	27 Breakfast: Chicken biscuit & fruit Lunch: Pizza, salad & fruit Snack: Cheese & crackers (wg), fruit

*wg = whole grain

- **Milk** is served at Breakfast and Lunch. (Whole Milk for 1-2 year olds; 1% for ages 3 and up.)
- **Water** is served at snack.