

The Children's Center FEBRUARY 2023 Menu

One and Older Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Breakfast: Cheerios, **chef's choice fruit**, and Milk _____	Breakfast: Grits, pears and Milk	Breakfast: Pancakes, peaches, sugar free syrup, Milk
		Lunch: Taco Soup, pears, whole grain roll and Milk	Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, Mixed Vegetable Blend*, Milk
		Snack: Kix and Milk	Snack: Mandarin Oranges, whole grain cheez its and water	Snack: Vanilla Yogurt, pears, water
6	7	8	9	10
		EHS AND HS CLOSED	BOARD MEETING	
Breakfast: Oatmeal, pears, Milk	Breakfast: Cheerios, Honey Dew Melon, Milk	Breakfast: Chicken Sausage Link, Peaches, Milk	Breakfast: Breakfast Pizza, pears, Milk	Breakfast: Kix, pineapple, Milk
Lunch: Three cheese potatoes, green beans,*chef's choice veggie* Whole Grain Roll _____,Milk	Lunch: Pulled Chicken BBQ whole grain roll, corn, Spinach*, Milk	Lunch: Fish Nuggets, broccoli*, Sweet Potato Nuggets, Milk and Whole Grain Roll	Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie**, Milk _____	Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk
Snack: Kix, mandarin oranges, and water	Snack: Whole grain cheez its, sliced apples, water	Snack: Whole grain Tortilla with Cream Cheese, Milk	Snack: Cantaloupe & Ritz Crackers and water	Snack: Chips and Salsa, Milk
13	14	15	16	17
				EHS AND HS CLOSED
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	Breakfast: Oatmeal, pineapple, 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	Lunch: Swai fillet w/lemon pepper, yams*, Spinach*, whole grain roll, 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	Snack: Strawberry Yogurt Snack Mix and Milk
20	21	22	23	24
CLOSED	Breakfast: Waffles, pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, pears, Milk	Breakfast: Cream of Wheat, applesauce, Milk
Teacher Training Day	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
27	28			
	POLICY COUNCIL			
Breakfast: Oatmeal, pears, and Milk	Breakfast: Kix, mandarin oranges, 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			
Snack: Apple Slices and saltines and water	Snack: String Cheese and Milk			

* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 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