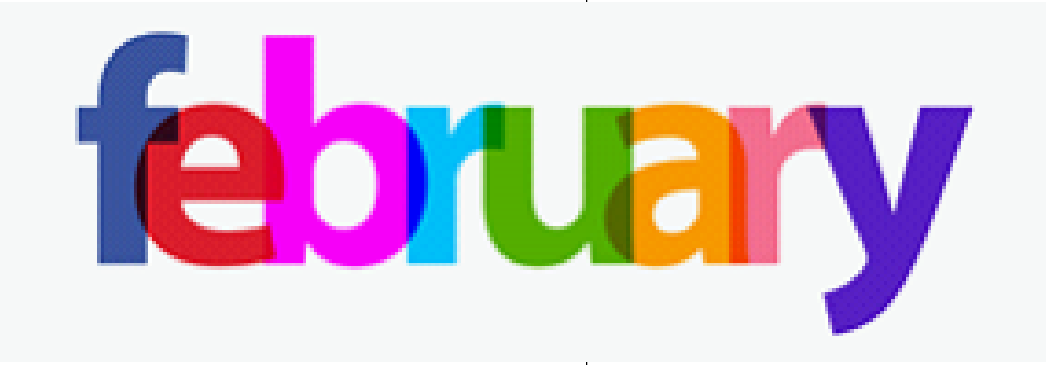




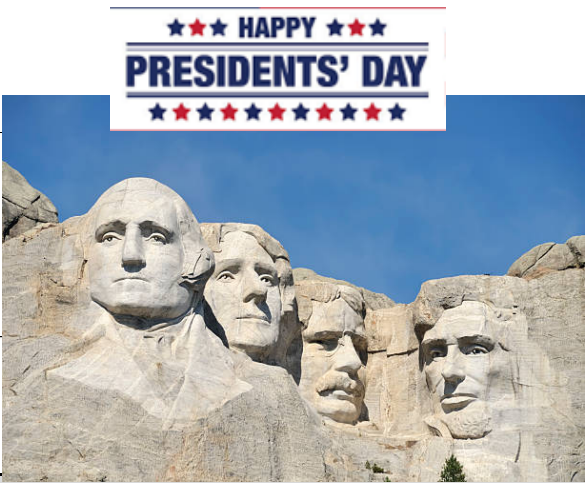



The Children's Center FEBRUARY 2024 Menu  
One and Older Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Breakfast: Grits, pears and Milk	Breakfast: Pancakes, peaches, sugar free syrup, Milk
			Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk	Lunch: Whole grain cheese pizza, lettuce and tomato* salad,
			Snack: Mandarin Oranges, whole grain cheez its and water	Mixed Vegetable Blend* and Milk
5	6	7	8	9
			BOARD MEETING	
Breakfast: Oatmeal, pears, 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: 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 Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk _____
Snack: Kix, mandarin oranges, and water		Snack: Whole grain Tortilla with Cream Cheese, Milk	Snack: Cantaloupe & Ritz Crackers and water	Snack: Chips and Salsa, Milk
12	13	14	15	16
Breakfast: Hot Biscuit, peaches, Milk	Breakfast: Kix, pineapple, Milk	Breakfast: Chicken sausage links, **chef's choice fruit**, Milk _____ Lunch: Chili, applesauce, whole grain roll and Milk	EHS/HS Closed - Teacher Work Day 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	Snack: Vanilla yogurt, peaches and water	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: Apple Slices and saltines and water	Snack: Strawberry Yogurt Snack Mix and Milk
19	20	21	22	23
CLOSED Teacher Training Day	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
26	27	28	29	
Breakfast: Oatmeal, pears, and Milk	POLICY COUNCIL Breakfast: Kix, mandarin oranges, Milk	Breakfast: Chicken Sausage links , pineapple, Milk		Breakfast: Waffles, bananas, 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: Meatball sub on whole grain bun, pears, *Spinach, and Milk
Snack: Apple Slices and saltines and water	Snack: String Cheese and Milk	Snack: Pears and 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