
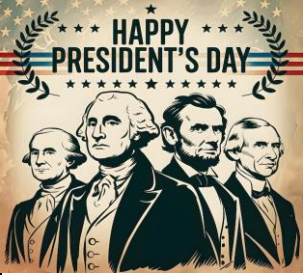


# February

## The Children's Center FEBRUARY 2026 Menu One and Older - Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Breakfast: Oatmeal, pears, Milk Lunch: Three cheese potatoes, green beans,*chef's choice veggie* Whole Grain Roll, Milk _____	Breakfast: Cheerios, Honey Dew Melon, Milk	Breakfast: Chicken Sausage Link, Peaches, Milk	Breakfast: Breakfast Pizza, pears, Milk	Breakfast: Kix, pineapple, Milk
Snack: Kix, mandarin oranges, and water 	Lunch: Pulled Chicken BBQ whole grain roll, corn, Spinach*, Milk Snack: Whole grain cheez its, sliced apples, water	Lunch: Fish Nuggets, broccoli*, Sweet Potato Nuggets, Milk and Whole Grain Roll Snack: Whole grain Tortilla with Cream Cheese, Milk	Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie**, Milk _____ Snack: Cantaloupe & Ritz Crackers and water	Lunch: Cheese Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk _____ Snack: Chips and Salsa, Milk
9	10	11	12	13
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	<b>BOARD MEETING</b> <b>EHS/HS Closed - Teacher Work Day</b> 
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	Breakfast: Oatmeal, pineapple, 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	Lunch: Swai fillet w/lemon pepper, yams*, Spinach*, whole grain roll, Milk Snack: Strawberry Yogurt Snack Mix and Milk
16	17	18	19	20
<b>CLOSED</b> 	Breakfast: Waffles, pineapple, Milk Lunch: Cheese Omelet, hash browns, pears, wheat biscuit and Milk Snack: Mandarin Oranges and Milk	Breakfast: Cheerios, peaches, Milk Lunch: Spaghetti w/meat sauce on whole grain noodles, **chef's choice veggie** Cantaloupe and Milk _____ Snack: Warm wheat biscuit, *chef's choice fruit* & water _____	Breakfast: Oatmeal, pears, Milk Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk Snack: Tortilla with Cream Cheese, Milk	Breakfast: Cream of Wheat, applesauce, Milk Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk Snack: Cheese sandwich, pineapple and water
23	24	25	26	27
<b>POLICY COUNCIL</b>	Breakfast: Kix, mandarin oranges, Milk	Breakfast: Chicken Sausage links pineapple, Milk  Lunch: Swai fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk _____ Snack: Pears and Milk	Breakfast: Waffles, bananas, Milk Lunch: Meatball sub on whole grain bun, pears, *Spinach, Milk Snack: Gold fish crackers and Milk	Breakfast: French toast chef's choice fruit and Milk _____ Lunch: Macaroni and cheese , ^green beans, yams* and Milk Snack: whole grain cheeze its, mandarin oranges and water

\* 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

