

BREAKFAST MENU

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Red. Sugar Frosted Flakes 2-oz Apple Muffin 1.5-oz (1 each) Grape Juice 1/2-cup	2 Cheese Omelet 2-oz (1 each) Biscuit 2-oz (1 each) Assorted Jelly 0.9-gms Pineapple Juice 1/2-cup	3 Cheese Grits 4-oz Turkey Sausage 2-oz (1 each) Apple Juice 1/2-cup
6 Cinnamon Toast Crunch 2-oz Blueberry Muffin 1.5-oz (1 each) Apple Juice 1/2-cup	7 Yogurt 4-oz English Muffin 2-oz (1 each) Assorted Jelly 0.9-gms Grape Juice 1/2-cup	8 Biscuit 2-oz (1 each) Assorted Jelly 0.9-gms Turkey Sausage 2-oz (1 each) Orange Juice 1/2-cup	9 Apple Pancakes 2-oz(1 each) Syrup 1-oz Turkey Bacon 2-oz (2 slices) Pineapple Juice 1/2-cup	10 Cinnamon Oatmeal 4-oz Turkey Sausage 2-oz (1 each) Apple Juice 1/2-cup
13 Yogurt 4-oz Bagels 2-oz (1 each) Cream Cheese 1-oz Apple Juice 1/2-cup	14 French Toast 2-oz (1 each) Syrup 1-oz Turkey Sausage 2-oz (1 each) Grape Juice 1/2-cup	15 Cheese Omelet 2-oz (1 each) Biscuit 2-oz (1 each) Assorted Jelly 0.9-gms Orange Juice 1/2-cup	16 Red. Sugar Fruit Loops 2-oz Blueberry Muffin 1.5-oz (1 each) Pineapple Juice 1/2-cup	17 Waffle 2-oz (1 each) Syrup 1-oz Turkey Bacon 2-oz (2 slices) Apple Juice 1/2-cup
20 <u>HOLIDAY</u>	21 Red. Sugar Frosted Flakes 2-oz Apple Muffin 1.5-oz (1 each) Grape Juice 1/2-cup	22 French Toast 2-oz (1 each) Syrup 1-oz Turkey Sausage 2-oz (1 each) Orange Juice 1/2-cup	23 Cheese Grits 4-oz Turkey Sausage 2-oz (1 each) Pineapple Juice 1/2-cup	24 Cinnamon Toast Crunch 2-oz Blueberry Muffin 1.5-oz (1 each) Apple Juice 1/2-cup
27 Red. Sugar Fruit Loops 2-oz Blueberry Muffin 1.5-oz (1 each) Apple Juice 1/2-cup	28 Apple Pancakes 2-oz(1 each) Syrup 1-oz Turkey Bacon 2-oz (2 slices) Grape Juice 1/2-cup	29 Yogurt 4-oz Bagels 2-oz (1 each) Cream Cheese 1-oz Orange Juice 1/2-cup		
8-oz cartons of skim and 1% plain or flavored milk are offered with each meal.				

Lunch Menu - February 2012

Early Childhood Academy

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>Turkey Pot Roast</u> Turkey Pot Roast 3-oz Brown Rice 1/2-cup Collard Greens 1/4-cup Cornbread 1-oz (1/2 piece) Fresh Orange 1/2-cup	2 <u>BBQ Beef</u> BBQ Beef Riblet 3.5-oz Roasted Potatoes 1/2-cup Vegetarian Beans 1/2-cup Whole Wheat Roll 1.5-oz (1 roll) Fresh Pear 1/2-cup	3 <u>No School</u>
6 <u>Meatloaf</u> Meatloaf 2-oz Potato Wedges 1/2-cup Green Beans 1/4-cup Whole Wheat Roll 1.5-oz (1 roll) Yellow Banana 1/2-cup	7 <u>Chicken Fajitas</u> Chicken Strips 2-oz Spanish Brown Rice 1/2-cup Corn 1/4-cup Vegetarian Beans 1/4-cup 6" Soft Flour Tortilla (1 each) Fresh Apple 1/2-cup	8 <u>Chef Salad</u> Turkey 2-oz, Egg 1-oz Cheese 1-oz Romaine Lettuce Mix 1/2-cup Assorted Salad Dressing 0.9-gms Whole Grain Bread 1-oz (1 slice) Fresh Orange 1/2-cup	9 <u>Chicken Parmesan</u> Breaded Chicken 3-oz Whole Grain Pasta 1/2-cup Tomato Sauce 1oz, Cheese .5oz Broccoli 1/4-cup Whole Wheat Roll 1.5-oz (1 roll) Fresh Pear 1/2-cup	10 <u>Salisbury Steak</u> Salisbury Steak 2-oz Egg Noodles 1/2-cup Carrots 1/4-cup Whole Grain Bread 1-oz (1 slice) 100% Grape Juice 1/2-cup
13 <u>Cheeseburger</u> Beef Burger 3-oz, Cheese 1-oz Whole Grain Bun 2-oz Ketchup/Mustard Packet 0.9-gms Vegetarian Beans 1/4-cup Potato Wedges 1/2-cup Yellow Banana 1/2-cup	14 <u>BBQ Chicken</u> BBQ Chicken 2-oz Brown Rice 1/2-cup Collard Greens 1/4-cup Cornbread 1-oz (1/2 piece) Fresh Apple 1/2-cup	15 <u>Pizza</u> Cheese Pizza (1 slice) Romaine Lettuce Mix 1/2-cup Salad Dressing 1-oz Whole Wheat Roll 1.5-oz (1 roll) Fresh Orange 1/2-cup	16 <u>Meatballs and Pasta</u> Meatballs in Sauce 3-oz Whole Grain Pasta 1/2-cup Green Beans 1/4-cup Whole Wheat Roll 1.5-oz (1 roll) Fresh Pear 1/2-cup	17 <u>Chicken with Honey Dijon</u> Chicken 3-oz, Honey Dijon 1-oz Brown Rice 1/2-cup Spinach 1/4-cup Whole Grain Bread 1-oz (1 slice) 100% Grape Juice 1/2-cup
20 <u>HOLIDAY</u>	21 <u>Chicken Sandwich</u> Breaded Chicken Patty 3.5-oz Whole Grain Roll 2-oz Seasoned Potatoes 1/2-cup Vegetarian Beans 1/4-cup Mayo/Ketchup pkts 0.9-gms Fresh Apple 1/2-cup	22 <u>Taco Salad</u> Taco Beef 1-oz, Cheese 1-oz Romaine Lettuce Mix 1/2-cup Mild Taco Sauce 0.9-gms Corn 1/4-cup Whole Grain Tortilla Chips 1-oz Fresh Orange 1/2-cup	23 <u>Teriyaki Chicken</u> Teriyaki Chicken 2-oz Brown Rice 1/2-cup Broccoli 1/4-cup Whole Wheat Roll 1.5-oz (1 roll) Fresh Pear 1/2-cup	24 <u>Meatball Sub</u> Meatballs in Tomato Sauce 4-oz Whole Grain Sub Roll 2-oz Pasta Salad 1/2-cup Carrots 1/4-cup 100% Grape Juice 1/2-cup
27 <u>Chicken and Biscuits</u> Chicken 3-oz, Gravy 1-oz Brown Rice 1/2-cup Carrots 1/4-cup Biscuit 2-oz Yellow Banana 1/2-cup	28 <u>Turkey Pot Roast</u> Turkey Pot Roast 3-oz Egg Noodles 1/2-cup Collard Greens 1/4-cup Whole Wheat Roll 1.5-oz (1 roll) Fresh Apple 1/2-cup	<u>Chicken Caesar Salad</u> Chicken 3-oz, Croutons 0.5-oz Romaine Lettuce Mix 3/4-cup Caesar Salad Dressing 1-oz Whole Grain Bread 1-oz (1 slice) Fresh Orange 1/2-cup		
Portion Control: Daily serving size for fruit, vegetables and beans are at least 1/4 cup. At least one serving of a 100% whole grain is served daily Milk Varieties: 8 fluid ounces of flavored and unflavored 1% fat and unflavored fat-free milk is offered to each child daily				

SNACK MENU

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Carrots Sticks 3/4 cup Ranch Dressing 0.9-gms Fat-Free Chocolate Milk (8-oz)	2 String Cheese 1-oz 100% Juice (6-oz)	3 <u>No School</u>
6 Yogurt 4-oz 100% Juice (6-oz)	7 Apple Cereal Bar 1-oz Fat-Free Chocolate Milk (8-oz)	8 Lorne Doone (1.1-oz) 100% Juice (6-oz)	9 Carrots Sticks 3/4 cup Ranch Dressing 0.9-gms Fat-Free Chocolate Milk (8-oz)	10 Blueberry Muffin 2-oz 100% Juice (6-oz)
13 Vanilla Wafers (1.1-oz) Fat-Free Chocolate Milk (8-oz)	14 Graham Crackers 1-oz (2 pkts) 100% Juice (6-oz)	15 Carrots Sticks 3/4 cup Ranch Dressing 0.9-gms Fat-Free Chocolate Milk (8-oz)	16 String Cheese 1-oz 100% Juice (6-oz)	17 Fresh Fruit 3/4-cup Fat-Free Chocolate Milk (8-oz)
20 <u>HOLIDAY</u>	21 Apple Cereal Bar 1-oz Fat-Free Chocolate Milk (8-oz)	22 Lorne Doone (1.1-oz) 100% Juice (6-oz)	23 Carrots Sticks 3/4 cup Ranch Dressing 0.9-gms Fat-Free Chocolate Milk (8-oz)	24 Blueberry Muffin 2-oz 100% Juice (6-oz)
27 Vanilla Wafers (1.1-oz) Fat-Free Chocolate Milk (8-oz)	28 Graham Crackers 1-oz (2 pkts) 100% Juice (6-oz)	29 Carrots Sticks 3/4 cup Ranch Dressing 0.9-gms Fat-Free Chocolate Milk (8-oz)		