

EC Menus February 2017

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Purple-Breakfast Meat/Meat Alternate

Milk is served with breakfast and with snack.

Monday		Tuesday	Wednesday	Thursday	Friday
1/30	Wk 2	1/31	2/1	2/2	2/3
Unsweetened Cereal Diced Peaches		Biscuit (1)/Margarine CranApplesauce	Unsweetened Cereal Banana Half	Whole Grain Bagel Half/ Cream Cheese Strawberries	Whole Wheat English Muffin Half Diced Pears
Pizza Bagel Broccoli /Creamy Italian Dip Pineapple Tidbits		Pasta Shells and Red Meat Sauce Green Salad /Caesar Dressing Cantaloupe Cubes	Cheese Quesadilla Red Pepper Strips /Ranch Salsa Mandarin Oranges	Deli Turkey on Whole Wheat Bread Roasted Carrot Sticks Pineapple Tidbits/Bananas/Craisins	Homemade Meatloaf Mashed Potatoes /Gravy Cinnamon Peaches Challah
Vanilla Yogurt /Fruit Granola		Graham Crackers	Honeydew Cubes	Soft Pretzels Bites/Honey Mustard	Banana
2/6	Wk 3	2/7	2/8	2/9	2/10
Unsweetened Cereal Diced Pears		Biscuit (1)/Margarine Fresh Red Grapes	Oatmeal w/Apple Slices	Whole Wheat Toast Scrambled Eggs / Red Pepper Apricot Halves	Whole Grain Waffle/Strawberry Topping
Tomato Rotini Soup Toasted Cheese Dippers Fresh Apple Wedges		<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes /Salsa Flour Tortilla Pineapple Tidbits & Mandarin Oranges	Baked Tilapia Rainbow Rice *carrots, red pepper, spinach Whole Green Beans Diced Peaches	Homemade Turkey Meatballs Seasoned Pasta Bowties Sweet Peas Pineapple Tidbits	Chicken Drumstick Corn on the Cob Honeydew & Kiwi Challah
Hummus/Whole Wheat Crackers		Cereal Snack Mix	Banana	Fresh Orange Wedges	Homemade Carrot Oatmeal Cookie

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Monday 2/13	Wk 4	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17
Unsweetened Cereal Diced Peaches		Whole Wheat Toast (1) Sun Butter Applesauce	Unsweetened Cereal Banana Half	Whole Grain Pancake w/Peach Topping Honeydew Cubes	Whole Grain Bagel Half/ Cream Cheese Tropical Fruit
Pizza Bagel Zucchini Sticks /Creamy Italian Dip Pineapple Tidbits		Hamburger/Bun French Fries Mixed Fruit	Tomato Basil Soup Cheese Cubes Pretzel Bread Sticks Fresh Apple Wedges	Stir Fry Green Rice, Eggs, Smoked Turkey Cherry Tomato Halves Diced Peaches	Homemade Chicken Nuggets/Honey Mustard Baked Sweet Potatoes Cinn. Apple Slices Challah
Vanilla Yogurt Dip Strawberries		Zucchini Bread	Roasted Baby Carrots w/Russian Dressing	Cheese Crackers	Mandarin Oranges/Pineapple Tidbits
2/20	Wk 5	2/21	2/22	2/23	2/24
Unsweetened Cereal Mixed Fruit		Whole Wheat English Muffin Half Apricot Half	Oatmeal Banana Half	Whole Grain Waffle Strawberry Topping	Whole Wheat Toast (1) Hard Boiled Egg Diced Peaches
Mac and Cheese Green Beans Fresh Red Grapes		<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes /Salsa Flour Tortilla Pineapple Tidbits	Hot Cheese Slider Roasted Veggies Mandarin Oranges	Spaghetti and Meat Balls Green Salad /Italian Dressing Fresh Pear	Orange Drumsticks Orzo Pilaf Green Beans Pineapple & Bananas Challah
Fresh Apple Slices / Sun Butter		Cereal Snack Mix	Peach Crisp	Honeydew Cubes	Soft Pretzel Bites/Honey Mustard

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Monday	Tuesday	Wednesday	Thursday	Friday
2/27 Wk 1	2/28			
Unsweetened Cereal Diced Peaches	Biscuit (1)/Margarine Honeydew Cubes	Unsweetened Cereal Banana Half	Mini Bagel/Sun Butter Mandarin Oranges	Whole Wheat English Muffin Half Applesauce
Cheese Pizza Shredded Lettuce Diced Tomatoes/Ranch Dressing Fresh Orange Wedges	Teriyaki Chicken Fried Rice Peas Pineapple Tidbits	White Bean Soup Cheesy Muffin Half Mixed Fruit	Homemade Turkey Burger/Whole Wheat Roll Sweet Corn Fresh Apple Wedges	Chicken Drumstick Seasoned Potato Wedges Apricot Halves Challah
Vanilla Yogurt/Fruit Granola	Graham Crackers/Applesauce	Pretzels	Cantaloupe Cubes	Whole Wheat Bagel Half/Cream Cheese