

EC Menus February 2019

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

Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food



*Milk is served with breakfast and with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
				2/1
				Whole Grain Biscuit Diced Peaches
				Homemade Meatloaf Mashed Potatoes Fresh Orange Wedges Challah
				Yogurt/Granola
2/4 Week 1	2/5	2/6	2/7	2/8
Unsweetened Cereal Diced Pears	Whl Grain English Muffin Mixed Fruit	Oatmeal Banana	Blueberry Bagel Half Strawberries	French Toast Fresh Cantaloupe Cubes
Vegetarian Chili Sweet Corn Fresh Apple Wedges Whole Grain Soft Pretzel Sticks	Vegetable Soup Deli Turkey on Slider Bun Fresh Red Grapes	Cheese Quesadilla/Salsa Roasted Zucchini/Red Pepper Tropical Fruit	Spaghetti w/Meat Sauce Broccoli Fresh Orange Wedges	Honey Glazed Chicken Drumstick Roasted Potatoes Green Beans Challah
Roasted Carrot Sticks w/Russian Dressing	Cheese Crackers/Craisins	Fresh Pear	Hummus/Pita Wedges	Oat Granola

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Monday	Tuesday	Wednesday	Thursday	Friday
2/11 Week 2	2/12	2/13	2/14	2/15
Unsweetened Cereal Mandarin Oranges	Whole Grain Biscuit Mixed Fruit	Unsweetened Cereal Banana	Whole Wheat Toast Hard Boiled Egg Fresh Orange Wedges	Belgian Waffle Strawberries
Baked Tilapia Au Gratin Potatoes Strawberries Whole Wheat Roll	Sweet & Sour Chicken Seasoned Brown Rice Sweet Peas Pineapple	Pizza Bagel Green Salad w/Tomatoes/Ranch Dressing Diced Peaches	Porcupine Sliders Seasoned Sweet Potato Wedges Diced Pears	Homemade Oven Fried Chicken Strips Seasoned Baby Carrots Fresh Red Grapes Challah
Fresh Apple Wedges	Fresh Honeydew	Graham Crackers/Applesauce	Snack Mix	Whole Grain Bagel Half/ Cr. Cheese
2/18 Week 3	2/19	2/20	2/21	2/22
Closed Professional Development Day	Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Banana	Blueberry Bagel Half/Cream Cheese Fresh Cantaloupe	Yogurt Strawberries
	Fajita Chicken Strips Curried Rice Green Beans Mandarin Oranges	White Minestrone Soup Tuna Salad Wheat Crackers Fresh Red Grapes	Hamburger on Whole Wheat Roll French Fries Tropical Fruit	Orange Glazed Drumsticks Roasted Zucchini & Red Peppers Fruit Cup Challah
	Fresh Apple Wedges	Soft Pretzel Bites	Fresh Pear	Peaches/Oat Granola

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Monday	Tuesday	Wednesday	Thursday	Friday
2/25	2/26	2/27	2/28	
Unsweetened Cereal Tropical Fruit	Whole Wht English Muffin Half Diced Pears & Blueberries	Oatmeal Apple Slices	Cinnamon Raisin Bagel Half Fresh Honeydew Cubes	
Tomato Soup Toasted Cheese Dippers on Whole Wheat Bread Strawberries	Stir Fry Chicken Lo Mein Noodles Sweet Peas Mandarin Oranges	Baked Tilapia Orzo Pilaf Green Beans Tropical Fruit	BBQ Meatballs Corn Diced Peaches Whole Wheat Roll	
Whole Grain Bagel Half/Sun Butter	Snack Mix	Banana	Roasted Carrot Fries w/Ranch Dressing	

Early Childhood Special Menus February 2019



Red-Vegetarian **Green-No red meat** **Blue-No Dairy** **No-Turkey** **Purple-No Eggs** **No Dairy & No Eggs**

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
				2/1
				Whole Grain Biscuit Diced Peaches
				Homemade Meatloaf Mashed Potatoes Fresh Orange Wedges Challah
				Yogurt/Granola
2/4 Week 1	2/5	2/6	2/7	2/8
Unsweetened Cereal Diced Pears	Whl Grain English Muffin Mixed Fruit	Oatmeal Banana	Blueberry Bagel Half Strawberries	French Toast Fresh Cantaloupe Cubes
Vegetarian Chili Sweet Corn Fresh Apple Wedges Whole Grain Soft Pretzel Sticks	Vegetable Soup Deli Turkey on Slider Bun Seasoned Tofu on Slider Bun Fresh Red Grapes	Cheese Quesadilla/Salsa Hard Boiled Egg/Tortilla/Salsa Roasted Zucchini/Red Pepper Tropical Fruit	Spaghetti w/Meat Sauce Spaghetti w/Tofu & Sauce Spaghetti w/Tofu & Sauce Broccoli Fresh Orange Wedges	Honey Glazed Chicken Drumstick Seasoned Veggie Patty Roasted Potatoes Green Beans Challah
Roasted Carrot Sticks w/Russian Dressing	Cheese Crackers/Craisins	Fresh Pear	Hummus/Pita Wedges	Oat Granola

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Unsweetened Cereal Mandarin Oranges	Whole Grain Biscuit Mixed Fruit	Unsweetened Cereal Banana	Whole Wheat Toast Hard Boiled Egg Fresh Orange Wedges	Belgian Waffle Strawberries
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes Strawberries Whole Wheat Roll	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice Sweet Peas Pineapple	Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce Green Salad w/Tomatoes/Ranch Dressing Italian Dressing/Italian Dressing Diced Peaches	Porcupine Sliders Tofu Porcupine Sliders Seasoned Sweet Potato Wedges Diced Pears	Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets Seasoned Baby Carrots Fresh Red Grapes Challah
Fresh Apple Wedges	Fresh Honeydew	Graham Crackers/Applesauce	Snack Mix	Whole Grain Bagel Half/ Cr. Cheese
2/18 Week 3	2/19	2/20	2/21	2/22
Closed Professional Development Day	Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Banana	Blueberry Bagel Half/Cream Cheese Fresh Cantaloupe	Yogurt Strawberries
	Fajita Chicken Strips Fajita Tofu Strips Curried Rice Green Beans Mandarin Oranges	White Minestrone Soup Tuna Salad Hard Boiled Egg Hard Boiled Egg Wheat Crackers Fresh Red Grapes	Hamburger on Whole Wheat Roll Veggie Patty on Whole Wheat Roll Veggie Patty on Whole Wheat Roll French Fries Tropical Fruit	Orange Glazed Drumsticks Orange Glazed Tofu Slices Roasted Zucchini & Red Peppers Fruit Cup Challah
	Fresh Apple Wedges	Soft Pretzel Bites	Fresh Pear	Peaches/Oat Granola

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Tomato Soup Toasted Cheese Dippers on Whole Wheat Bread Sun Butter on Whole Wheat Bread Strawberries	Stir Fry Chicken Stir Fry Tofu Lo Mein Noodles Sweet Peas Mandarin Oranges	Baked Tilapia Baked Tofu Slice Orzo Pilaf Green Beans Tropical Fruit	BBQ Meatballs BBQ Veggie Patty BBQ Veggie Patty Sweet Corn Diced Peaches Whole Wheat Roll	
Whole Grain Bagel Half/Sun Butter	Snack Mix	Banana	Roasted Carrot Fries w/Ranch Dressing	