February 2024 Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman)

Breakfast MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** 2 3 1 Breakfast Breakfast Cheerios Cereal Strawberry Jam Cream Cheese Low Fat Mozzarella String Cheese Bagel please notify us Vanilla Yogurt Sides for All Meals Sides for All Meals Blueberries Fresh Whole Fruit Fresh Banana Fresh Whole Fruit Milk & Condiments Skim Milk Milk & Condiments 1% Low-fat Milk 1% Low-fat Milk Syrup Skim Milk 5 6 7 8 10 Breakfast Breakfast Breakfast Breakfast No Service **Whole Grain Waffles** Whole Grain Apple **Pancakes** Corn Chex Cereal Strawberry Yogurt Sides for All Meals Vanilla Yogurt Cinnamon Muffin Low Fat Mozzarella Sides for All Meals Low Fat Mozzarella String Cheese Fresh Pear String Cheese Fresh Banana Sides for All Meals Fresh Whole Fruit Sides for All Meals Fresh Whole Fruit Blueberries Milk & Condiments Red Delicious Apple Milk & Condiments Fresh Whole Fruit Skim Milk Halved Skim Milk Milk & Condiments · 1% Low-fat Milk Fresh Whole Fruit · 1% Low-fat Milk Skim Milk Milk & Condiments 1% Low-fat Milk Skim Milk Syrup 1% Low-fat Milk Syrup 12 13 14 15 16 17 Breakfast Breakfast Breakfast Breakfast Closed for Mid Winter Closed for Mid Winter Whole Grain Blueberry Cinnamon French Whole Grain Waffles **Cheerios Cereal** Break Break Toast Muffin Strawberry Yogurt Low Fat Mozzarella Vanilla Yogurt Low Fat Mozzarella Sides for All Meals String Cheese Sides for All Meals String Cheese Fresh Banana Sides for All Meals Sides for All Meals Fresh Whole Fruit Fresh Pear Blueberries Fresh Whole Fruit Red Delicious Apple Milk & Condiments Fresh Whole Fruit Milk & Condiments Halved Skim Milk Milk & Condiments Skim Milk Fresh Whole Fruit · 1% Low-fat Milk Skim Milk 1% Low-fat Milk Milk & Condiments Syrup 1% Low-fat Milk Syrup Skim Milk 1% Low-fat Milk 19 21 24 20 22 23 Closed for Mid Winter Closed for Mid Winter Breakfast Breakfast No Service Break **Cinnamon French** Corn Chex Cereal Toast Low Fat Mozzarella Strawberry Yogurt String Cheese Sides for All Meals Sides for All Meals Fresh Banana Blueberries Fresh Whole Fruit Fresh Whole Fruit Milk & Condiments Milk & Condiments Skim Milk Skim Milk 1% Low-fat Milk 1% Low-fat Milk Syrup 26 27 28 29 Breakfast Breakfast Breakfast Breakfast Whole Grain Apple . Whole Grain Waffles **Pancakes Corn Chex Cereal** Vanilla Yogurt Cinnamon Muffin Strawberry Yogurt Low Fat Mozzarella Sides for All Meals Low Fat Mozzarella Sides for All Meals String Cheese Fresh Pear String Cheese Fresh Banana Sides for All Meals Fresh Whole Fruit Sides for All Meals Fresh Whole Fruit Blueberries

Milk & Condiments

1% Low-fat Milk

Skim Milk

Syrup

Red Delicious Apple

Fresh Whole Fruit

Milk & Condiments

Skim Milk1% Low-fat Milk

Halved

Milk & Condiments

1% Low-fat Milk

Skim Milk

Syrup

Fresh Whole Fruit

Milk & Condiments

1% Low-fat Milk

Skim Milk

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Lunch

SUNDAY MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** 1 2 Main Entrees Main Entrees **Crispy Chicken Patty** Shredded Mozzarella Sandwich Cheese Alternate Entrees **Beef Meatballs** Penne Pasta Vegan Chic'n Nuggets • Breadstick Spaghetti Sauce Sides for All Meals Alternate Entrees Pineapple TidbitsSweet Potato Fries Muffin, Cheese, & Yogurt Fun Lunch Milk & Condiments Sides for All Meals 1% Low-fat Milk Unsweetened · Skim Milk Applesauce Steamed Peas Milk & Condiments 1% Low-fat Milk Skim Milk 5 6 7 8 9 Main Entrees Main Entrees Main Entrees Main Entrees No Service **Brown Fried Rice Cheese Stuffed Chicken Nuggets** Whole Grain Waffle **BBQ Chicken Breadsticks** Whole Grain Dinner Turkey Sausage Patty Alternate Entrees Corn Roll Sides for All Meals **Brown Fried Rice** Sides for All Meals Alternate Entrees · Fresh Red Delicious Sunbutter & Grape Teriyaki Sauce Fresh Pear Apple Vegan Chic'n Nuggets • Seasoned Zucchini Jelly Sandwich Hash Brown Patty Sides for All Meals Sides for All Meals Milk & Condiments Milk & Condiments Chilled Peaches 1% Low-fat Milk Fresh Whole Fruit 1% Low-fat Milk Seasoned Broccoli Sugar Snap Peas Skim Milk Skim Milk **Florets** Milk & Condiments Milk & Condiments 1% Low-fat Milk 1% Low-fat Milk · Skim Milk · Skim Milk 12 13 15 11 14 16 Main Entrees Main Entrees Closed for Mid Winter Main Entrees Main Entrees Macaroni and Cheese **Classic Four Cheese** Sunbutter & Grape **Chicken Nuggets** Breadstick Whole Grain Dinner Pizza Jelly Sandwich Shredded Cheddar Sides for All Meals Sides for All Meals Roll Cheese Fresh Whole Fruit · Chilled Peaches Alternate Entrees Alternate Entrees Spinach & Romaine Tater Tots Vegan Chic'n Nuggets Yogurt, Cheese & Salad Milk & Condiments Whole Grain Dinner Roll Cracker Fun Lunch Ranch Dressing · 1% Low-fat Milk Sides for All Meals Golden Italian Dressing • Skim Milk Sides for All Meals Fresh Banana Fruit Cocktail Milk & Condiments Boston Baked Beans Corn 1% Low-fat Milk Milk & Condiments Milk & Condiments Skim Milk 1% Low-fat Milk 1% Low-fat Milk Skim Milk Skim Milk 18 19 20 21 22 23 Closed for Mid Winter Closed for Mid Winter Closed for Mid Winter Main Entrees Main Entrees No Service Fresh Baked Whole Break Chicken Swedish Break Break Meatballs **Grain Biscuit** Whole Grain Dinner Roll • **Boneless Chicken** Alternate Entrees Wings with Honey **BBQ** Sauce Sunbutter & Grape Jelly Sandwich Alternate Entrees Vegan Chic'n Nuggets Sides for All Meals · Pineapple Tidbits Whole Grain Dinner Roll Mashed Potatoes Sides for All Meals Milk & Condiments Fresh Banana 1% Low-fat Milk Seasoned Corn · Skim Milk Milk & Condiments 1% Low-fat Milk Skim Milk

26

- Main Entrees Classic Hamburger Alternate Entrees
- Veggie Burger Sides for All Meals
- · Sliced Fresh Apples Seasoned Broccoli
- Florets

Milk & Condiments

- 1% Low-fat Milk
- Skim Milk

27

Main Entrees

- **Beef Taco Meat Soft Flour Tortilla**
- Shredded Romaine Lettuce
- Shredded Cheddar Cheese
- Low Fat Sour Cream
- Alternate Entrees **Soft Flour Tortilla**
- Mexican Style Refried 1% Low-fat Milk **Beans**
- Shredded Romaine Lettuce
- Shredded Cheddar Cheese
- Low Fat Sour Cream Sides for All Meals
- Fresh Whole Fruit
- Seasoned Corn
- Milk & Condiments
- 1% Low-fat Milk
- Skim Milk

28

Main Entrees

Cheese Stuffed Breadsticks

Alternate Entrees

- Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
- Chilled Peaches Tater Tots
- Milk & Condiments
- · Skim Milk

29

Main Entrees

- **Chicken Tenders**
- Whole Grain Dinner Roll

Alternate Entrees

Vegan Chic'n Nuggets Whole Grain Dinner Roll

Sides for All Meals

- · Fresh Whole Fruit
- Cinnamon Glazed Carrots

Milk & Condiments

- 1% Low-fat Milk
- Skim Milk

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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February 2024 Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman) Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	If you have a food allergy, please notify us. Ask year covision annual of drawn, when more to trawn, when more to trawn, when you were provided to trawn, and the provided to		Snack Bug Bites Graham Crackers Fresh Carrots	Snack Cinnamon Goldfish Graham Crackers Fresh Banana	3
SnackTostitos Tortilla ChipsSalsa	Snack Bug Bites Graham Crackers Fresh Pear	SnackCheddar Goldfish CrackersSliced Cucumbers	Snack Bug Bites Graham Crackers Fresh Carrots	9 No Service	10
Snack • Whole Grain Cheez-It Crackers • Fresh Broccoli Florets	Snack Cranberry Granola Raspberry Rainbow Yogurt	Snack Pretzel Heartzels Celery Sticks with Hummus	Snack Cinnamon Goldfish Graham Crackers Sliced Cucumbers	Closed for Mid Winter Break	17 Closed for Mid Winter Break
Closed for Mid Winter Break	Closed for Mid Winter Break	Snack Cheddar Goldfish Crackers Sliced Cucumbers	Snack Bug Bites Graham Crackers Fresh Carrots	No Service	24
Snack • Whole Grain Cheez-It Crackers • Sliced Cucumbers	Snack Cheddar Goldfish Carrot & Celery Sticks	Snack Pretzel Heartzels Sliced Fresh Apples	Snack Cinnamon Goldfish Graham Crackers Raspberry Rainbow Yogurt		

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