


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

## Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>	<b>2</b>	<b>3</b>
			Breakfast <ul style="list-style-type: none"> <li>• <b>Cheerios Cereal</b></li> <li>• Low Fat Mozzarella String Cheese</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Syrup</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Strawberry Jam</b></li> <li>• <b>Cream Cheese</b></li> <li>• <b>Bagel</b></li> <li>• Vanilla Yogurt</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fresh Banana</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Breakfast <ul style="list-style-type: none"> <li>• <b>Whole Grain Waffles</b></li> <li>• Vanilla Yogurt</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fresh Pear</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Whole Grain Apple Cinnamon Muffin</b></li> <li>• Low Fat Mozzarella String Cheese</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Red Delicious Apple Halved</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Syrup</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Pancakes</b></li> <li>• Strawberry Yogurt</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fresh Banana</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Corn Chex Cereal</b></li> <li>• Low Fat Mozzarella String Cheese</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Syrup</li> </ul>	No Service	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Breakfast <ul style="list-style-type: none"> <li>• <b>Cinnamon French Toast</b></li> <li>• Vanilla Yogurt</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fresh Pear</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Syrup</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Whole Grain Blueberry Muffin</b></li> <li>• Low Fat Mozzarella String Cheese</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Red Delicious Apple Halved</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Whole Grain Waffles</b></li> <li>• Strawberry Yogurt</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fresh Banana</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Syrup</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Cheerios Cereal</b></li> <li>• Low Fat Mozzarella String Cheese</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> </ul>	Closed for Mid Winter Break	Closed for Mid Winter Break
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Closed for Mid Winter Break	Closed for Mid Winter Break	Breakfast <ul style="list-style-type: none"> <li>• <b>Cinnamon French Toast</b></li> <li>• Strawberry Yogurt</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fresh Banana</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Corn Chex Cereal</b></li> <li>• Low Fat Mozzarella String Cheese</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Syrup</li> </ul>	No Service	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>		
Breakfast <ul style="list-style-type: none"> <li>• <b>Whole Grain Waffles</b></li> <li>• Vanilla Yogurt</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fresh Pear</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Syrup</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Whole Grain Apple Cinnamon Muffin</b></li> <li>• Low Fat Mozzarella String Cheese</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Red Delicious Apple Halved</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Pancakes</b></li> <li>• Strawberry Yogurt</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fresh Banana</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> <li>• Syrup</li> </ul>	Breakfast <ul style="list-style-type: none"> <li>• <b>Corn Chex Cereal</b></li> <li>• Low Fat Mozzarella String Cheese</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Fresh Whole Fruit</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 1% Low-fat Milk</li> </ul>		

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

## Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>	<b>2</b>
				Main Entrees <ul style="list-style-type: none"> <li>• <b>Crispy Chicken Patty Sandwich</b></li> </ul> Alternate Entrees <ul style="list-style-type: none"> <li>• <b>Vegan Chic'n Nuggets</b></li> <li>• Breadstick</li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Pineapple Tidbits</li> <li>• Sweet Potato Fries</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	Main Entrees <ul style="list-style-type: none"> <li>• <b>Shredded Mozzarella Cheese</b></li> <li>• <b>Beef Meatballs</b></li> <li>• <b>Penne Pasta</b></li> <li>• <b>Spaghetti Sauce</b></li> </ul> Alternate Entrees <ul style="list-style-type: none"> <li>• <b>Muffin, Cheese, &amp; Yogurt Fun Lunch</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Unsweetened Applesauce</li> <li>• Steamed Peas</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Main Entrees <ul style="list-style-type: none"> <li>• <b>Brown Fried Rice</b></li> <li>• <b>BBQ Chicken</b></li> </ul> Alternate Entrees <ul style="list-style-type: none"> <li>• <b>Brown Fried Rice</b></li> <li>• <b>Teriyaki Sauce</b></li> <li>• <b>Vegan Chic'n Nuggets</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Chilled Peaches</li> <li>• Seasoned Broccoli Florets</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	Main Entrees <ul style="list-style-type: none"> <li>• <b>Cheese Stuffed Breadsticks</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Corn</li> <li>• Fresh Pear</li> <li>• Seasoned Zucchini</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	Main Entrees <ul style="list-style-type: none"> <li>• <b>Chicken Nuggets</b></li> <li>• <b>Whole Grain Dinner Roll</b></li> </ul> Alternate Entrees <ul style="list-style-type: none"> <li>• <b>Sunbutter &amp; Grape Jelly Sandwich</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Sugar Snap Peas</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	Main Entrees <ul style="list-style-type: none"> <li>• <b>Whole Grain Waffle</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Turkey Sausage Patty</li> <li>• Fresh Red Delicious Apple</li> <li>• Hash Brown Patty</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	No Service
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Main Entrees <ul style="list-style-type: none"> <li>• <b>Macaroni and Cheese</b></li> </ul> Breadstick <ul style="list-style-type: none"> <li>• Shredded Cheddar Cheese</li> </ul> Alternate Entrees <ul style="list-style-type: none"> <li>• <b>Yogurt, Cheese &amp; Cracker Fun Lunch</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fruit Cocktail</li> <li>• Corn</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	Main Entrees <ul style="list-style-type: none"> <li>• <b>Classic Four Cheese Pizza</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Spinach &amp; Romaine Salad</li> <li>• Ranch Dressing</li> <li>• Golden Italian Dressing</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	Main Entrees <ul style="list-style-type: none"> <li>• <b>Sunbutter &amp; Grape Jelly Sandwich</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Chilled Peaches</li> <li>• Tater Tots</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	Main Entrees <ul style="list-style-type: none"> <li>• <b>Chicken Nuggets</b></li> <li>• <b>Whole Grain Dinner Roll</b></li> </ul> Alternate Entrees <ul style="list-style-type: none"> <li>• <b>Vegan Chic'n Nuggets</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Whole Grain Dinner Roll</li> <li>• Fresh Banana</li> <li>• Boston Baked Beans</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	Closed for Mid Winter Break
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Closed for Mid Winter Break	Closed for Mid Winter Break	Closed for Mid Winter Break	Main Entrees <ul style="list-style-type: none"> <li>• <b>Chicken Swedish Meatballs</b></li> </ul> Whole Grain Dinner Roll <ul style="list-style-type: none"> <li>• <b>Sunbutter &amp; Grape Jelly Sandwich</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Pineapple Tidbits</li> <li>• Mashed Potatoes</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	Main Entrees <ul style="list-style-type: none"> <li>• <b>Fresh Baked Whole Grain Biscuit</b></li> <li>• <b>Boneless Chicken Wings with Honey BBQ Sauce</b></li> </ul> Alternate Entrees <ul style="list-style-type: none"> <li>• <b>Vegan Chic'n Nuggets</b></li> </ul> Sides for All Meals <ul style="list-style-type: none"> <li>• Whole Grain Dinner Roll</li> <li>• Fresh Banana</li> <li>• Seasoned Corn</li> </ul> Milk & Condiments <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	No Service

**25****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 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
- 1% Low-fat Milk
  - 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

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**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
			<b>1</b> Snack • Bug Bites Graham Crackers • Fresh Carrots	<b>2</b> Snack • Cinnamon Goldfish Graham Crackers • Fresh Banana	<b>3</b>
<b>5</b> Snack • Tostitos Tortilla Chips • Salsa	<b>6</b> Snack • Bug Bites Graham Crackers • Fresh Pear	<b>7</b> Snack • Cheddar Goldfish Crackers • Sliced Cucumbers	<b>8</b> Snack • Bug Bites Graham Crackers • Fresh Carrots	<b>9</b> No Service	<b>10</b>
<b>12</b> Snack • Whole Grain Cheez-It Crackers • Fresh Broccoli Florets	<b>13</b> Snack • Cranberry Granola • Raspberry Rainbow Yogurt	<b>14</b> Snack • Pretzel Heartzels • Celery Sticks with Hummus	<b>15</b> Snack • Cinnamon Goldfish Graham Crackers • Sliced Cucumbers	<b>16</b> Closed for Mid Winter Break	<b>17</b> Closed for Mid Winter Break
<b>19</b> Closed for Mid Winter Break	<b>20</b> Closed for Mid Winter Break	<b>21</b> Snack • Cheddar Goldfish Crackers • Sliced Cucumbers	<b>22</b> Snack • Bug Bites Graham Crackers • Fresh Carrots	<b>23</b> No Service	<b>24</b>
<b>26</b> Snack • Whole Grain Cheez-It Crackers • Sliced Cucumbers	<b>27</b> Snack • Cheddar Goldfish • Carrot & Celery Sticks	<b>28</b> Snack • Pretzel Heartzels • Sliced Fresh Apples	<b>29</b> Snack • Cinnamon Goldfish Graham Crackers • Raspberry Rainbow Yogurt		

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