

February 2023 Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman)

Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Breakfast**
- Pancakes
 - Fresh Banana
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk
 - Syrup

2

- Breakfast**
- Corn Chex Cereal
 - Strawberry Banana Bash Yogurt
 - Fresh Red and Green Seedless Grapes
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk

3

No Service

6

- Breakfast**
- Whole Grain Waffles
 - Fresh Pear
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk
 - Syrup

7

- Breakfast**
- Whole Grain Apple Cinnamon Muffin
 - Low Fat Mozzarella String Cheese
 - Red Delicious Apple Halved
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk

8

- Breakfast**
- Pancakes
 - Fresh Banana
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk
 - Syrup

9

- Breakfast**
- Cheerios Cereal
 - Triple Cherry Yogurt
 - Blueberries
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk

10

- Breakfast**
- Bagel
 - Strawberry Jam
 - Cream Cheese
 - Fresh Whole Fruit
 - Low Fat Mozzarella String Cheese
 - Fresh Banana
 - 1% Low-fat Milk
 - Skim Milk

13

- Breakfast**
- Cinnamon French Toast
 - Fresh Pear
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk
 - Syrup

14

- Breakfast**
- Whole Grain Blueberry Muffin
 - Low Fat Mozzarella String Cheese
 - Red Delicious Apple Halved
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk

15

- Breakfast**
- Pancakes
 - Fresh Banana
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk
 - Syrup

16

- Breakfast**
- Corn Chex Cereal
 - Strawberry Banana Bash Yogurt
 - Fresh Red and Green Seedless Grapes
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk

17

No Service

20

Closed for Mid Winter Break

21

- Breakfast**
- Whole Grain Apple Cinnamon Muffin
 - Low Fat Mozzarella String Cheese
 - Red Delicious Apple Halved
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk

22

- Breakfast**
- Pancakes
 - Fresh Banana
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk
 - Syrup

23

- Breakfast**
- Cheerios Cereal
 - Triple Cherry Yogurt
 - Blueberries
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk

24

- Breakfast**
- Bagel
 - Cream Cheese
 - Strawberry Jam
 - Fresh Whole Fruit
 - Low Fat Mozzarella String Cheese
 - Fresh Banana
 - 1% Low-fat Milk
 - Skim Milk

27

- Breakfast**
- Whole Grain French Toast Sticks
 - Fresh Pear
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk
 - Syrup

28

- Breakfast**
- Whole Grain Blueberry Muffin
 - Low Fat Mozzarella String Cheese
 - Red Delicious Apple Halved
 - Fresh Whole Fruit
 - Skim Milk
 - 1% Low-fat Milk

Price List Breakfast Price: \$1.75, Reduced Breakfast: \$0.30, Lunch Price: \$2.75, Reduced Lunch: \$0.40, Just a Milk: \$0.60

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Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Main Entrees**
- Cheese Pizza
- Alternate Entrees**
- Turkey and Cheese Sandwich
- Sides for All Meals**
- California Mixed Fruit in 100% Juice
 - Savory Green Beans
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

2

- Main Entrees**
- Classic American Cheeseburger
 - Vanilla Yogurt
 - Syrup
- Alternate Entrees**
- Gardenburger on Whole Grain
- Sides for All Meals**
- Unsweetened Applesauce
 - Smile Potatoes
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

3

No Service

6

- Main Entrees**
- Cheese Pizza
- Alternate Entrees**
- Gardenburger on Whole Grain
- Sides for All Meals**
- Chilled Peaches
 - Steamed Broccoli Florets
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

7

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

8

- Main Entrees**
- BBQ Sauce
 - Diced Chicken
 - Whole Grain Dinner Roll
- Alternate Entrees**
- Cheesy Italian Pull Apart
 - Marinara Sauce
- Sides for All Meals**
- Chilled Diced Pears
 - Savory Green Beans
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

9

- Main Entrees**
- Roasted Turkey
 - Chicken Gravy
 - Whole Grain Dinner Roll
- Alternate Entrees**
- Breadstick
 - Vegan Chic'n Nuggets
- Sides for All Meals**
- Unsweetened Applesauce
 - Mashed Potatoes
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

10

- Main Entrees**
- Shredded Mozzarella Cheese
 - Penne Pasta
 - Marinara Sauce
 - Beef Meatballs
- Alternate Entrees**
- Sunbutter & Banana Roll Up
- Sides for All Meals**
- Fresh Whole Fruit
 - Fresh Celery Sticks
- Milk & Condiments**
- Low Fat Lactose-Free Milk
 - Skim Milk

13

- Main Entrees**
- Grilled Chicken Breast
 - Brown Rice
- Alternate Entrees**
- Sunbutter Sandwich
- Sides for All Meals**
- Banana and Strawberries
 - Steamed Broccoli Florets
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

14

- Main Entrees**
- Classic American Cheeseburger
- Alternate Entrees**
- Black Bean Burger
- Sides for All Meals**
- Cinnamon Applesauce
 - Seasoned Corn
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

15

- Main Entrees**
- Stuffed Crust Cheese Pizza
- Alternate Entrees**
- Turkey and Cheese Sandwich
- Sides for All Meals**
- Chilled Peaches
 - Lettuce and Spinach Salad
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

16

- Main Entrees**
- Whole Grain Waffle
 - Vanilla Yogurt
 - Syrup
- Alternate Entrees**
- Black Bean Burger
- Sides for All Meals**
- Fresh Banana
 - Hash Brown Patty
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

17

No Service

20

Closed for Mid Winter Break

21

- Main Entrees**
- Grilled Chicken Breast
 - Brown Rice
- Alternate Entrees**
- Gardenburger on Whole Grain
- Sides for All Meals**
- Pineapple Tidbits
 - Savory Green Beans
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

22

- Main Entrees**
- Cheesy Italian Pull Apart
 - Creamy Tomato Soup
- Alternate Entrees**
- Turkey and Cheese Sandwich
- Sides for All Meals**
- Unsweetened Applesauce
 - Fresh Broccoli Florets
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

23

- Main Entrees**
- Whole Grain Waffle
 - Vanilla Yogurt
 - Syrup
- Alternate Entrees**
- Sunbutter & Banana Roll Up
- Sides for All Meals**
- Fresh Banana
 - Tater Tots
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

24

- Main Entrees**
- Penne Pasta
 - Marinara Sauce
 - Shredded Mozzarella Cheese
 - Beef Meatballs
- Alternate Entrees**
- Sunbutter & Banana Roll Up
- Sides for All Meals**
- Fresh Whole Fruit
 - Fresh Celery Sticks
- Milk & Condiments**
- Low Fat Lactose-Free Milk
 - Skim Milk

27

- Main Entrees**
- Crispy Chicken Patty Sandwich
- Alternate Entrees**
- Vegan Chic'n Nuggets
 - Whole Grain Dinner Roll
- Sides for All Meals**
- Sliced Fresh Apples
 - Seasoned Corn
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

28

- Main Entrees**
- Sunbutter & Strawberry Jelly Sandwich
- Alternate Entrees**
- Sunbutter & Banana Roll Up
- Sides for All Meals**
- Chilled Peaches
 - Seasoned Broccoli Florets
- Milk & Condiments**
- 1% Low-fat Milk
 - Skim Milk

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February 2023 Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman)

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Snack • Pretzel Heartzels • Fresh Cauliflower Florets	2 Snack • Cinnamon Goldfish Graham Crackers • Fresh Carrots	3 No Service
6 Snack • Tostitos Tortilla Chips • Salsa	7 Snack • Whole Grain Animal Crackers • Fresh Broccoli Florets	8 Snack • Cheddar Goldfish Crackers • Fresh Grape Tomatoes	9 Snack • Bug Bites Graham Crackers • Fresh Carrots	10 Snack • Whole Grain Animal Crackers • Sliced Cucumbers
13 Snack • Whole Grain Cheez-It Crackers • Sliced Cucumbers	14 Snack • Cranberry Granola • Raspberry Rainbow Yogurt	15 Snack • Pretzel Heartzels • Fresh Cauliflower Florets	16 Snack • Cinnamon Goldfish Graham Crackers • Fresh Carrots	17 No Service
20 Closed for Mid Winter Break	21 Snack • Whole Grain Animal Crackers • Fresh Broccoli Florets	22 Snack • Cheddar Goldfish Crackers • Fresh Grape Tomatoes	23 Snack • Bug Bites Graham Crackers • Fresh Carrots	24 Snack • Whole Grain Animal Crackers • Sliced Cucumbers
27 Snack • Whole Grain Cheez-It Crackers • Sliced Cucumbers	28 Snack • Cranberry Granola • Raspberry Rainbow Yogurt			

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