## Early Learning Center Month: February 2025

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
		age	age	age	February 3	February 4	February 5	February 6	February 7
Breakfast	Milk	½ CUD	3/ <sub>4</sub> CUD	l cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	1/ <sub>4</sub> CUP	½ cup	½ cup	Peaches	Blueberries	Applesauce	Mandarin Oranges	Mango
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	ls or l serv (l oz)	Rice Krispies Cereal	Cheerios Cereal	Whole Grain French Toast Sticks	Cornflakes Cereal	Rice Chex Cereal
	Add. Food option								
Lunch	Milk	½ CUP	3/ <sub>4</sub> CUP	l cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	½ cup	Diced Tomatoes	Cauliflower	Green Beans	Broccoli	Carrot Sticks
	Fruit	1/ <sub>4</sub> CUP	1/8 cup	1/4 CUP	Mixed Fruit	Orange Slices	Pineapple	Pears	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Grilled Cheese (Whole Wheat Bread, Cheddar Cheese)	Turkey Meatballs with Gravy	BBQ Diced Chicken	English Muffin Pizzas (Tomato Sauce, English Muffin, Mozzarella Cheese)	Soy Nut Butter Sandwich and Mozzarella Cheese Sticks
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Wheat Bread	Whole Grain Dinner Roll	Whole Grain Slider Roll	Whole Grain English Muffin	Whole Wheat Bread
	Add. Food	,	,			Gravy			
Snack	option Fluid	½ CUP	½ cup	1 cup	Milk	Water	White Grape Juice	Milk	Orange Juice
	Fruit/ vegetable	½ cup	½ cup	<sup>3</sup> / <sub>4</sub> CUP					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Animal Crackers	Wheat Thin Crackers and Cheddar Cheese Cubes	Whole Grain Graham Cracker Goldfish	Cheez-it Crackers	Townhouse Crackers

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	Menu	1-2 age	3-5 age	6-12 age	Monday	Tuesday	Wednesday	Thursday	Friday
	Item	uge	_	uge	February 10	February 11	February 12	February 13	February 14
Breakfast	Milk	½ cup	<sup>3</sup> / <sub>4</sub> CUP	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¹¼ cup	½ cup	½ cup	Strawberries	Blueberries	Applesauce	Mango	Mixed Fruit
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	-½ s or ½ serv (1/2 oz)	ls or l serv (l oz)	Life Cereal	Bran Flakes Cereal	Whole Wheat Bagels	Rice Krispies Cereal	Rice Chex Cereal
	Add. Food option						Cream Cheese		
Lunch	Milk	½ cup	³¼ CUP	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	½ CUP	Broccoli	Diced Carrots	Sliced Cucumber	Diced Potatoes (Potatoes, Oregano, Olive oil)	Peas
	Fruit	¹⁄₄ cup	1/8 cup	1/ <sub>4</sub> CUP	Mixed Fruit	Pineapple	Pears	Peaches	Bananas
	Meat/ alternative	1 oz	1 ½ OZ	2 oz	Diced Chicken and Salsa	Beef Patty	Sliced Turkey	Teriyaki Chicken Breast	Egg Salad (Diced egg, light mayo, mustard, dill)
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	l s or serv (l oz)	Whole Wheat Tortilla	Whole Wheat Hamburger Bun	Whole Wheat Tortilla	Whole Grain Slider Roll	Multi-Grain Club Crackers
	Add. Food option						Mustard		
Snack	Fluid	½ cup	½ cup	l cup	Milk	Apple Juice	Water	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	<sup>3</sup> / <sub>4</sub> CUP					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	ls orl serv (l oz)	Graham Crackers (infants- Cheerios)	Baked Soft Pretzels	Townhouse Crackers and Cheddar Cheese Slices	Wheat Thins and Hummus (garbanzo beans, tahini, olive oil, garlic, Lemon juice)	Whole Grain Bean and Veggie Crackers

## Early Learning Center Month: February 2025

Breakfast   Milk   Vacable   Vacab		Menu	1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit		Item	age	age	age					February 21
Fruit   Vegetable   Cup   Cu	Breakfast	Milk				Milk	Milk	Milk	Milk	Milk
Grains (oz eq)   V-s or		Fruit	1/4		1/2	Mixed Fruit	Pineapple	Strawberries	Pears	Applesauce
Cereal   C					· ·					
Ceretin   1/2									Kix Cereal	
Add. Food option  Lunch Milk ½ ½ ½ 1		(oz eq)		-		Cereal	Cheerios	Cereal		
Add. Food option  Lunch Milk ½ ½ 1/8 1/8 ½ Cup										
Food option   Lunch   Milk   1/8					02)					Sileks
Food option   Lunch   Milk   1/8		A -1 -1	,	,						
Lunch   Milk										
Lunch   Milk   ½ 3/4 cup										
Vegetable   1/8	Lunch	•				Milk	Milk	Milk	Milk	Milk
Cup		Vegetable				Lima Pagna	7oobini	Salad	Pooto	Carret
Fruit		vegerable				Lima beans	ZUCCIIIII		beeis	
Fruit										(infants/tods
Cup										-blanched)
Meat/ alternative		Fruit				Peaches	Apple Slices		•	Bananas
alternative		AA1/	·		·	Bada al Fish	C			CI'I
Grains (oz eq)  Add. Food option  Snack Fluid Fruit/ vegetable Grains (oz eq)  Grains (oz eq)  Grains (oz eq)  Fruit/ vegetable Grains (oz eq)  Grains (oz eq)  Grains (oz eq)  Add. Food option  Snack Fluid Gravy  Whole Grain Dinner Roll  Whole Wheat Tortilla  Whole Wheat Tortilla  Bread  Whole Wheat Biscuits  Whole Grain Caravy  Mustard  White Grape Juice  Fruit/ vegetable  Grains (oz eq)  Yz S Vz S Or Or Or Or Or Serv Serv (1)  Yz S Serv Serv Serv (1)  Grains (oz eq)  Yz S Vz S Or Or Or Serv Serv (1)  Yz S Serv Serv (1)  Grains (oz eq)  Yz S Serv Serv (1)  Grains Goldfish  Cruckers  Animal Crackers  Banana Squares  Whole Grain Cheddar Grain Bean and  Grain Bean and			1 02		2 02			Tuna Salaa		
Grains (oz eq)  Add. Food option  Snack  Fruit/ vegetable  Grains (oz eq)  Grains (oz eq)  Fruit/ vegetable  Grains (oz eq)  Grains (oz eq)  Fruit/ vegetable  Grains (oz eq)  Grains (oz eq)  Grains (oz eq)  Fruit/ vegetable  Fruit/ vegetable  Fruit/ vegetable  Grains (oz eq)  Fruit/ vegetable  Fruit/ vegetable  Fruit/ vegetable  Grains (oz eq)		dilettidiive					Egg widp	(Tuna. liaht		Turkey
Coz eq)						Cidinos			Olavy	
Coz eq)   ½   ½   serv (1)   (1/2 oz)										
Serv (1/2 (1/2 oz) oz)   Serv (1/2 oz)   Serv (1/2 oz)   Oz)		(oz eq)		-		Dinner Roll	Tortilla	Bread	Biscuits	
Add. Food option  Snack  Fluid  Fruit/ vegetable  Grains (oz eq)  Grains (oz eq)  Solv  Ketchup  Salsa  Low-Fat Ranch  Ranch  Milk  White Grape Juice  Milk  White Grape Juice  Animal Crackers  Grains Sor Or Serv Serv (1)  Salsa  Low-Fat Ranch  Mustard  Mu			serv	serv	(1					Bread
Add. Food option  Snack Fluid ½ ½ Cup					oz)					
Snack Fluid  V2 CUP		Add.	02)	02)		Ketchup	Salsa	Low-Fat	Gravy	Mustard
Snack Fluid ½ ½ 1 cup cup cup bushed								Ranch		
Cup   Cup   Cup   Juice   Juice   Juice   Juice   Grain   Whole Grain   Cheddar   Grain Bean   Goldfish   Go		•		.,						_
Fruit/ yegetable Cup Cup Cup Cup  Grains (oz eq) Or Or Or Serv Serv Serv Serv (1)  Fruit/ y/2 Sup Sup Subtine Crackers Crackers and Squares  Whole Grain Whole Grain Bean Squares  Whole Grain Bean Goldfish	Snack	Fluid				Water	Milk		Milk	_
vegetable cup cup cup		Fruit/	1/2	1/2	3/4			Joice		Juice
(oz eq) or or yellow or serv or serv or or or serv or or or serv or or or serv or or or or or serv or or or or serv or										
(oz eq) 1/2 1/2 serv serv (1) and Squares Goldfish and							Animal	Whole Grain	Whole Grain	
serv serv (1) and Squares Goldfish and		(oz eq)		_			Crackers			Grain Bean
			serv	serv	(1			Squares	Goldfish	
			(1/2	(1/2	oz)					
OZ) OZ) Cheese Cubes Crackers			02)	02)						Crackers
Cones						Cones				

## Early Learning Center Month: February 2025

	Menu Item	1-2 age	3-5 age	6-12 age	Monday February 24	Tuesday February 25	Wednesday February 26	Thursday February 27	Friday February 28
Breakfast	Milk	½ cup	³¼ CUP	l cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	1/ <sub>4</sub> CUP	½ cup	½ cup	Blueberries	Mixed Fruit	Applesauce	Mixed Berries	Pineapple
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	or 1 serv (1 oz)	Cheerios Cereal	Rice Krispies Cereal	Whole Wheat Bagels	Rice Chex Cereal	Bran Flakes Cereal
	Add. Food option						Cream Cheese		
Lunch	Milk	½ cup	3/ <sub>4</sub> CUP	l cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	½ cup	Yams	Cauliflower	Broccoli	Peas	Carrot Sticks
	Fruit	¹¼ cup	1/8 cup	1/4 CUP	Pears	Mandarin Oranges	Peaches	Apple Slices	Bananas
	Meat/ alternative	l oz	1 ½ OZ	2 oz	Turkey Burger	Teriyaki Diced Chicken	Cheese Ravioli with Tomato Sauce	Chicken Salad (Diced Chicken, mayo, dill)	Soy Nut Butter Sandwiches and Mozzarella Cheese Sticks
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	l s or serv (1 oz)	Whole Wheat Hamburger Bun	Whole Grain Slider Roll	Ravioli	Whole Grain Dinner Roll	Whole Wheat Bread
	Add. Food option				Ketchup				
Snack	Fluid	½ cup	½ cup	l cup	Water	Milk	Orange juice	White Grape Juice	Water
	Fruit/ vegetabl e	½ cup	½ cup	3/4 CUP					
	Grains (oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	ls or serv (l oz)	Triscuit Crackers and Mozzarella Cheese Sticks	Whole Grain Graham Goldfish	Pretzels (inf/tod-soft pretzels)	Cheez-it Crackers	Multi-Grain Club Crackers and Cheddar Cheese Slices