

**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 age	3-5 age	6-12 age	Monday February 3	Tuesday February 4	Wednesday February 5	Thursday February 6	Friday February 7
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/ Vegetable	¼ 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)	1 s or 1 serv (1 oz)	Rice Krispies Cereal	Cheerios Cereal	Whole Grain French Toast Sticks	Cornflakes Cereal	Rice Chex Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	½ cup	Diced Tomatoes	Cauliflower	Green Beans	Broccoli	Carrot Sticks
	Fruit	¼ cup	1/8 cup	¼ 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 option					Gravy			
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	White Grape Juice	Milk	Orange Juice
	Fruit/ vegetable	½ cup	½ cup	¾ 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 Item	1-2 age	3-5 age	6-12 age	Monday February 10	Tuesday February 11	Wednesday February 12	Thursday February 13	Friday February 14
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ 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)	1 s or 1 serv (1 oz)	Life Cereal	Bran Flakes Cereal	Whole Wheat Bagels	Rice Krispies Cereal	Rice Chex Cereal
	Add. Food option						Cream Cheese		
Lunch	Milk	½ cup	¾ 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	¼ cup	1/8 cup	¼ 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)	1 s or 1 serv (1 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	1 cup	Milk	Apple Juice	Water	Water	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 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

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	Menu Item	1-2 age	3-5 age	6-12 age	Monday February 17	Tuesday February 18	Wednesday February 19	Thursday February 20	Friday February 21
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mixed Fruit	Pineapple	Strawberries	Pears	Applesauce
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Corn Chex Cereal	Multi-Grain Cheerios	Corn Flakes Cereal	Kix Cereal	Whole Grain Waffle Sticks
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	½ cup	Lima Beans	Zucchini	Salad (lettuce, cabbage, carrots)	Beets	Carrot Sticks (infants/tods -blanched)
	Fruit	¼ cup	1/8 cup	¼ cup	Peaches	Apple Slices	Mandarin Oranges	Orange Slices	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Baked Fish with Bread Crumbs	Scrambled Egg Wrap	Tuna Salad (Tuna, light mayo, dill)	Diced Chicken with Gravy	Sliced Turkey
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Whole Grain Dinner Roll	Whole Wheat Tortilla	Whole Grain Bread	Whole Wheat Biscuits	Whole Wheat Bread
	Add. Food option				Ketchup	Salsa	Low-Fat Ranch	Gravy	Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	White Grape Juice	Milk	Orange Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Saltine Crackers and Cheddar Cheese Cubes	Animal Crackers	Whole Grain Banana Squares	Whole Grain Cheddar Goldfish	Whole Grain Bean and Veggie Crackers

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	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	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ 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)	1 s 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	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/8 cup	½ cup	Yams	Cauliflower	Broccoli	Peas	Carrot Sticks
	Fruit	¼ cup	1/8 cup	¼ cup	Pears	Mandarin Oranges	Peaches	Apple Slices	Bananas
	Meat/ alternative	1 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)	1 s or 1 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	1 cup	Water	Milk	Orange juice	White Grape Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 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