



# February

## Elementary Early Education 3-5yr Breakfast Menu 2020



**NON-DISCRIMINATION:**  
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

WG - Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
3 WG BREAKFAST PIZZA PEARS MILK	4 WG MAPLE PANCAKES BLUEBERRIES MILK	5 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	6 WG CHEERIOS WG TOAST STRAWBERRIES MILK	7 WG BLUEBERRY BASH WAFFLES ORANGE WEDGES MILK
10 WG STRAWBERRY PANCAKES APPLESAUCE MILK	11 WG RICE CHEX WG TOAST PEARS MILK	12 WG BISCUITS & GRAVY BANANA MILK	13 WG BLUEBERRY MUFFIN ASSORTED YOGURT ORANGE WEDGES MILK	14 WG CHEERIOS WG TOAST PEACHES MILK
17  WG STRAWBERRY PANCAKES APPLESAUCE MILK	18 WG MAPLE PANCAKES BLUEBERRIES MILK	19 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	20 WG CHEERIOS WG TOAST STRAWBERRIES MILK	21 WG BLUEBERRY BASH WAFFLES ORANGE WEDGES MILK
24 WG STRAWBERRY PANCAKES APPLESAUCE MILK	25 WG BLUEBERRY MUFFIN ASSORTED YOGURT PEARS MILK	26 WG BISCUITS & GRAVY BANANA MILK	27 WG TAC-GO, SALSA ORANGE WEDGES MILK	28 WG CHEERIOS WG TOAST STRAWBERRIES MILK

My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.



# FEBRUARY


## Elementary Early Education 3-5 yr Lunch Menu 2020



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WG - Whole Grain

**Fresh Fruits & Vegetable Offered Daily.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 WG CHICKEN &amp; WAFFLES, SYRUP BAKED BEANS MIXED GREEN SALAD ITALIAN DRESSING PEACHES MILK</p>	<p>4 WG GRILLED CHEESE, TATER TOTS COOKED CORN MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK</p>	<p>5 WG SPAGHETTI W/ ZESTY MEATSAUCE STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING APPLESAUCE MILK</p>	<p>6 WG CHICKEN PATTY MASHED POTATOES &amp; GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK</p>	<p>7 WG FIESTADA PIZZA COOKED CARROTS MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK</p>
<p>10 WG CHICKEN &amp; NOODLES WG BISCUIT GREEN BEANS MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK</p>	<p>11 WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING HOT SPICED APPLES MILK</p>	<p>12 WG FISH NUGGETS WG MAC N CHEESE STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING MIXED BERRIES MILK</p>	<p>13 VALENTINE WG CHICKEN NUGGETS MASHED POTATOES &amp; GRAVY WG HOT ROLL COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK</p>	<p>14 CHILI, WG CRACKERS WG CORNBREAD MUFFIN MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING APPLESAUCE *CELBRATION SIDEKICK FRZ 100% JUICE CUP MILK</p>
<p>17 </p>	<p>18 WG HOT HAM &amp; CHEESE PANINI SWEET POTATO TRAX STEAMED BROCCOLI MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK</p>	<p>19 WG LASAGNA ROLLUP WG BREADSTICK COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING APPLESAUCE MILK</p>	<p>20 WG CHICKEN NUGGETS MASHED POTATOES &amp; GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS ITALIAN DRESSING BLUEBERRIES MILK</p>	<p>21 WG CHEESE PIZZA COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING PEARS MILK</p>
<p>24 WG CHICKEN SANDWICH MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING PEACHES MILK</p>	<p>25 WG SOFT SHELLED TACO SALSA COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRIES MILK</p>	<p>26 CHICKEN TERIYAKI WG LO MEIN NOODLES STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING PINEAPPLE TIDBITS MILK</p>	<p>27 BEEF FINGERS, WG HOT ROLL MASHED POTATOES &amp; GRAVY PEAS MIXED SALAD GREENS RANCH DRESSING PEARS MILK</p>	<p>28 WG CHEESEBURGER BAKED FRIES GREEN BEANS MIXED SALAD GREENS RANCH DRESSING HOT SPICED APPLES MILK</p>

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# February

## Elementary Early Education 3-5 yr Snack Menu 2020



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WG - Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
3 WG ANIMAL CRACKERS MILK	4 APPLE SLICES MILK	5 WG CRISPY CHEDDAR CRACKERS MILK	6 WG SIMPLY STRAWBERRY CHEX MILK	7 WG BLUEBERRY MUFFIN MILK
10 WG CRISPY VEGGIE CRACKERS MILK	11 WG BLUEBERRY/LEMON CRISPY BITES MILK	12 WG CHEDDAR GOLDFISH MILK	13 SLICED APPLES MILK	14 WG ORIGINAL GRAHAMS MILK
17  WG ANIMAL CRACKERS MILK	18 APPLE SLICES MILK	19 WG SIMPLY STRAWBERRY CHEX MILK	20 WG APPLE CINNAMON MUFFIN MILK	21 WG CHEEZ-IT CRACKERS MILK
24 WG RASPBERRY MINI BITES MILK	25 WG CHEDDAR GOLDFISH MILK	26 APPLESAUCE CUP MILK	27 WG ORIGINAL GRAHAMS MILK	28 WG BLUEBERRY/LEMON CRISPY BITES MILK

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816.521.5371