



February 2019 BREAKFAST AND LUNCH MENU

Early Learning Centers 1 & 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
				Cereal
				Lunch from Home
11	12	13	14	15
Yogurt w/ Animal Grahams	Mini Pancakes	Sausage & Cheese English Muffin	Chicken Biscuit	Sausage & Cheese Kolache
4	5	6	7	8
Cheese Enchiladas Pinto Beans Sliced Peaches	Chicken Chunks Whole Kernel Corn Fresh Apple Slices Banana Bread	Cheeseburger Seasoned Green Beans Mandarin Oranges	Chicken Teriyaki & Stir Fried Rice Fresh or Steamed Broccoli Fresh Grapes	Lunch from Home
16	17	18	19	20
Cereal	French Toast	Sausage & Cheese Biscuit	Ham & Cheese Croissant	Sausage & Cheese Kolache
11	12	13	14	15
Cheeseburger Pinto Beans Sliced Peaches	Hot Dog Whole Kernel Corn Mandarin Oranges	Steak Fingers Mashed Potatoes & Gravy Crunchy Cucumber Slices Fresh Berries	Spaghetti & Meatballs Fresh or Steamed Broccoli Fruit Cocktail Wheat Roll	Lunch from Home
1	2	3	4	5
Yogurt w/ Animal Grahams	Mini Pancakes	Sausage & Cheese English Muffin	Chicken Biscuit	Sausage & Cheese Kolache
18	19	20	21	22
Ham & Cheese Hoagie Seasoned Green Beans Sliced Peaches	Chicken Breast Chunks Pinto Beans Fresh Apple Slices Banana Bread	Pizza Rolls Whole Kernel Corn Fresh Mixed Fruit	Turkey Hot Dog Mixed Vegetables Fresh Pineapple Chunks	Lunch from Home
6	7	8	9	10
Cereal	French Toast	Sausage & Cheese Biscuit	Ham & Cheese Croissant	
25	26	27	28	
Cheeseburger Crunchy Cucumber Slices Sliced Peaches	Cheese Stuffed Breadsticks Whole Kernel Corn Mandarin Oranges	Fish Sticks Seasoned Green Beans Fresh Grapes Wheat Roll	Orange Chicken & Lo Mein Seasoned Peas Fresh Mixed Fruit	
11	12	13	14	15

Breakfast includes:

- Hot Entree
- Fruit (juice on Mondays)
- Cold Milk

Lunch includes:

- Hot Entree
- Vegetable
- Fruit
- Cold Milk



CABBAGE

One cup of cabbage contains 190% of your daily recommended vitamin C.

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