

FROM THE HEART – FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <p>This institution is an equal opportunity provider All Meals Provided by Teach, Learn, Change * Menu Subject to Change</p> </div>				
<p>1</p> <p>Breakfast: Cheerios, Fruit Lunch: Salisbury Steak Patty, WG Dinner Roll, Fruit, Mashed Potatoes, Milk Snack: Pretzels, 100% Fruit Juice</p>	<p>2</p> <p>Breakfast: Pancakes, Banana, Milk Lunch: Chili Ground Turkey, Kidney Beans, WG Brown Rice, Fruit, Milk Snack: Cheese Itz, 100% Fruit Juice</p>	<p>3</p> <p>Breakfast: Biscuits, Fruit, Milk Lunch: Fried Rice w/ Chicken Chicken, Brown Rice, Peas & Carrots, Fruit, Milk Snack: Yogurt. Granola</p>	<p>4</p> <p>Breakfast: Kix, Fruit, Milk Lunch: Spaghetti & Meatballs Meatballs, WG Pasta, Broccoli, Fruit, Milk Snack: Ritz, String Cheese</p>	<p>5</p> <p>Breakfast: Waffles, Fruit, Milk Lunch: Chicken Salad Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Graham Crackers, Milk</p>
<p>8</p> <p>Breakfast: Rice Krispies, Fruit, Milk Lunch: Chicken Alfredo Chicken, WG Pasta, Green Beans, Fruit, Milk Snack: Goldfish, 100% Fruit Juice</p>	<p>9</p> <p>Breakfast: Biscuits, Fruit Lunch: BBQ Meatballs Meatballs, Mashed Potatoes, WG Dinner Roll, Fruit, Milk Snack: Yogurt. Granola</p>	<p>10</p> <p>Breakfast: French Toast Sticks, Fruit, Milk Lunch: Teriyaki Chicken Chicken, Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Pretzels, Cheese Cubes</p>	<p>11</p> <p>Breakfast: Rice Chex, Fruit, Milk Lunch: Taco Ground Turkey, Pinto Beans, Corn Tortilla, Fruit, Milk Snack: Graham Crackers, Milk</p>	<p>12</p> <p>Breakfast: Life Cereal, Fruit, Milk Lunch: Chicken Cesar Salad Chicken, Salad, WG Pita Bread, Cucumber, Milk Snack: Chex Mix, 100% Fruit Juice</p>
<p>15</p> <p></p>	<p>16</p> <p>Breakfast: Kix, Fruit, Milk Lunch: BBQ Pulled Chicken Chicken, WG Bun, Baked Beans, Corn, Milk Snack: Cheese, Pretzels</p>	<p>17</p> <p>Breakfast: Waffles, Fruit, Milk Lunch: Hawaiian Chicken Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Wheat Thins, 100% Fruit Juice</p>	<p>18</p> <p>Breakfast: Corn Chex, Fruit, Milk Lunch: Sloppy Joes Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk Snack: Ritz, Cheese</p>	<p>19</p> <p>Breakfast: Pancakes, Fruit, Milk Lunch: Asian Chicken Salad Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Goldfish, 100% Fruit Juice</p>
<p>22</p> <p>Breakfast: Biscuits, Fruit, Milk Lunch: Meatball Sub Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk Snack: Animal Crackers, Milk</p>	<p>23</p> <p>Breakfast: Corn Flakes, Fruits Lunch: Chicken Taco Chicken, WG Corn Tortilla, Lettuce, Tomato, Pinto Beans, Milk Snack: Yogurt, Granola</p>	<p>24</p> <p>Breakfast: French Toast, Fruit, Milk Lunch: Penne Pasta Ground Turkey, Penne Pasta, Peas, Salad, Milk Snack: Graham Crackers</p>	<p>25</p> <p>Breakfast: English Muffins, Fruit, Milk Lunch: Burger Slider, WG Bun, Waffle Fries, Fruit, Milk Snack: Cheez Its, 100% Juice</p>	<p>26</p> <p>Breakfast: Rice Chex, Fruit, Milk Lunch: Turkey Sandwich Sliced Turkey, WG Bread, Cole Slaw, Cucumber, Milk Snack: Goldfish, 100% Juice</p>

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast: grain - ½ serving bread or muffin or 1/3 cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup **1% plain milk**
Lunch: meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit - ¼cup; milk- ¾cup **1% plain milk**
Snack (two of the following): meat/meat alternate - ½oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup **1% plain milk**
 *(WG) = Whole Grain