

FEBRUARY 2020

Preston Hollow UMC Child Development Center

Monday

Breakfast: Nature's Path Organic Oatmeal **3**
Lunch: Macaroni & cheese w/ cauliflower puree, tomato & cucumber salad, pears
Snack: Black bean brownies

Breakfast: Blueberry NutriGrain bars **10**
Lunch: Whole wheat pasta w/ vegetable spaghetti sauce, garden salad, apple slices
Snack: String cheese w/crackers

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School Closed

Breakfast: Cascadian Farms Organic Raisin Bran **24**
Lunch: Grill cheese on wheat bread, broccoli, applesauce
Snack: Fig Newton bars

Tuesday

Breakfast: Zucchini muffins **4**
Lunch: Turkey Swedish meatballs w/brown rice, broccoli, cinnamon applesauce
Snack: Greek style yogurt w/fruit

Breakfast: Cottage cheese w/strawberries **11**
Lunch: Baked sweet potato (turkey bacon bits, sour cream, cheese, salsa, etc.) pineapple
Snack: Hummus w/carrot sticks

Breakfast: Scrambled eggs **18**
Lunch: Cauliflower crusted cheese pizza, green beans, apple slices
Snack: Fresh fruit

Breakfast: Cinnamon biscuits **25**
Lunch: Curried chicken w/basmati rice, spinach salad, bananas
Snack: Organic animal crackers

Wednesday

Breakfast: Cascadian Farms Organic Raisin Bran **5**
Lunch: No nut butter on whole wheat bread, fresh fruit spinach salad
Snack: Hard boil eggs w/cheese

Breakfast: Cheddar biscuits **12**
Lunch: Baked chicken nuggets, peas, peaches
Snack: Pita chips w/dip

Breakfast: Raisin toast **19**
Lunch: Chicken fajitas on whole wheat tortillas, mild salsa, applesauce
Snack: Baked tortilla chips & guacamole

Breakfast: Greek style yogurt **26**
Lunch: Turkey bacon, lettuce & tomato whole wheat club sandwich, baked veggie chips, apple slices
Snack: Baked oatmeal bars

Thursday

Breakfast: Whole wheat biscuit w/orange marmalade **6**
Lunch: Thai chicken lettuce wraps, carrot salad, apples
Snack: Rice pudding w/raisins

Breakfast: Banana chia muffins **13**
Lunch: Turkey meatloaf, coleslaw, pears
Snack: Blueberry NutriGrain bars

Breakfast: Nature's Path Organic Oatmeal **20**
Lunch: No nut butter on whole wheat bread, spinach salad, mixed berries
Snack: Hard boiled eggs w/cheese slices

Breakfast: Blueberry chia muffins **27**
Lunch: Chicken noodle soup w/crackers, garden salad, peaches
Snack: Ambrosia fruit salad

Friday

Breakfast: Banana flaxseed muffins **7**
Lunch: Baked fish tacos w/ broccoli slaw, pineapple
Snack: No nut butter w/crackers

Breakfast: Cinnamon crescents **14**
Lunch: Baked parmesan fish, sautéed squash, bananas
Snack: Valentine's Day Parties

Breakfast: Zucchini muffins **21**
Lunch: Tuna in pita pockets, garden salad, peaches
Snack: Greek style yogurt w/fruit

Breakfast: Wheat bagels w/ cream cheese **28**
Lunch: Baked fish sticks, green beans, apple slices
Snack: Greek style yogurt w/fruit

