

# FEBRUARY 2019

<p><b>(WG) = <u>Whole Grain</u></b></p> 	<p><b>Toddler</b> Serving Sizes <b>Breakfast:</b> Milk ½ C Fruit ¼ C Grain ¼ C <b>Lunch:</b> Milk ½ C Meat 1 OZ Fruit ¼ C Vegetable ¼ C <b>Snack:</b> Milk/Fruit/Juice ½ C Grain ¼ C</p>	<p><b>Preschool</b>      <b>School Age</b> Serving Sizes <b>Breakfast:</b> Milk ¾ C      <b>Breakfast:</b> Milk 1 C Fruit ½ C      Fruit ½ C Grain ½ C      Grain ¾ C <b>Lunch:</b> Milk ¾ C      <b>Lunch:</b> Milk 1 C Meat 1½ OZ      Meat 2 OZ Fruit ¼ C      Fruit ¼ C Vegetable ¼ C      Vegetable ¾ C <b>Snack:</b> Fruit/Juice ½ C      <b>Snack:</b> Fruit/ Juice ¼C or Milk ¾ C      or Milk 1 C Grain ¼ C      Grain ¾ C</p>		<p><b>1</b> <b>Breakfast:</b> French Toast Sticks, Applesauce, Milk  <b>Lunch:</b> Sausage Patty, Biscuit, Peas, Peaches, Milk  <b>PM Snack:</b> Cheez-its (WG), Apple Juice</p>
<p><b>4</b> <b>Breakfast:</b> Biscuit, Peaches, Milk  <b>Lunch:</b> Chicken Parmesan, Bowtie Pasta, Tossed Salad, Applesauce, Milk  <b>PM Snack:</b> Graham Crackers (WG), Milk</p>	<p><b>5</b> <b>Breakfast:</b> Cinnamon Cheerios (WG), Banana, Milk  <b>Lunch:</b> Corndogs, Crackers, Green Beans, Mandarin Oranges, Milk  <b>PM Snack:</b> Pretzel, Apple Juice</p>	<p><b>6</b> <b>Breakfast:</b> Waffles (WG), Pears, Milk  <b>Lunch:</b> Tuna Noodle Casserole, Peas, Peaches, Milk  <b>PM Snack:</b> Saltine Crackers, String Cheese, Water</p>	<p><b>7</b> <b>Breakfast:</b> Mini Wheats (WG), Banana, Milk  <b>Lunch:</b> Ham, Green Beans, Potatoes, Cornbread, Pineapple, Milk  <b>PM Snack:</b> Animal Crackers, Milk</p>	<p><b>8</b> <b>Breakfast:</b> Pancakes, Peaches, Milk  <b>Lunch:</b> Sloppy Joe on Bun, Carrots, Peas, Milk  <b>PM Snack:</b> Cheez-its (WG), Apple Juice</p>
<p><b>11</b> <b>Breakfast:</b> Cornbread, Applesauce, Milk  <b>Lunch:</b> Mexican Chicken, Rice (WG), Peas, Pineapple, Milk  <b>PM Snack:</b> Chex Mix, Apple Juice</p>	<p><b>12</b> <b>Breakfast:</b> Raisin Bran (WG), Banana, Milk  <b>Lunch:</b> Turkey &amp; Cheese Rollup, Tortilla, Green Beans, Mandarin Oranges, Milk  <b>PM Snack:</b> Saltine Crackers, String Cheese, Water</p>	<p><b>13</b> <b>Breakfast:</b> French Toast Sticks, Pears, Milk  <b>Lunch:</b> Meatballs, Pita, Mashed Potatoes, Peaches, Milk  <b>PM Snack:</b> Graham Crackers (WG), Milk</p>	<p><b>14</b> <b>Breakfast:</b> Cheerios (WG), Banana, Milk  <b>Lunch:</b> Creamy Chicken, Biscuit, Green Beans, Potatoes, Carrots, Peas, Pears, Milk  <b>PM Snack:</b> Pretzels, Apple Juice</p>	<p><b>15</b> <b>Breakfast:</b> Waffles (WG), Applesauce, Milk  <b>Lunch:</b> Hamburger on Bun, Tater Tots, Orange Slices, Milk  <b>PM Snack:</b> Animal Crackers, Milk</p>
<p><b>18</b> <b>Breakfast:</b> Biscuit, Peaches, Milk  <b>Lunch:</b> Fish Sticks, Crackers, Green Beans, Mandarin Oranges, Milk  <b>PM Snack:</b> Graham Cracker (WG), Milk</p>	<p><b>19</b> <b>Breakfast:</b> Mini Wheats (WG), Banana, Milk  <b>Lunch:</b> Peanut Butter &amp; Jelly Sandwich, String Cheese, Peas, Peaches, Milk  <b>PM Snack:</b> Chex Mix, Apple Juice</p>	<p><b>20</b> <b>Breakfast:</b> Pancakes, Pears, Milk  <b>Lunch:</b> Ravioli, String Cheese, Lettuce, Tomato, Cucumber, Applesauce, Milk  <b>PM Snack:</b> Cheez-its (WG), Apple Juice</p>	<p><b>21</b> <b>Breakfast:</b> English Muffin, Peaches, Milk  <b>Lunch:</b> Bean &amp; Cheese Burrito, Tortilla (WG), Carrots, Pineapple, Milk  <b>PM Snack:</b> Animal Crackers, Milk</p>	<p><b>22</b> <b>Breakfast:</b> Waffles (WG), Applesauce, Milk  <b>Lunch:</b> Hotdog on Bun, Baked Beans, Peas, Milk  <b>PM Snack:</b> Pretzels, Banana, Water</p>
<p><b>25</b> <b>Breakfast:</b> French Toast Sticks, Pears, Milk  <b>Lunch:</b> Beef &amp; Cheese Soft Taco, Tortilla (WG), Lettuce, Tomato, Applesauce, Milk  <b>PM Snack:</b> Chex Mix, Apple Juice</p>	<p><b>26</b> <b>Breakfast:</b> Raisin Bran (WG), Banana, Milk  <b>Lunch:</b> Pepperoni &amp; Cheese Pita Pizza, Peas, Pineapple, Milk  <b>PM Snack:</b> Saltine Crackers, String Cheese, Water</p>	<p><b>27</b> <b>Breakfast:</b> Biscuit, Peaches, Milk  <b>Lunch:</b> Macaroni &amp; Cheese, Diced Ham, Carrots, Peas, Milk  <b>PM Snack:</b> Graham Crackers (WG), Milk</p>	<p><b>28</b> <b>Breakfast:</b> Cinnamon Cheerios (WG), Banana, Milk  <b>Lunch:</b> Chicken Patty on Bun, Green Beans, Applesauce, Milk  <b>PM Snack:</b> Animal Crackers, Milk</p>	