


DAYCARE ALLERGENS
BREAKFAST & LUNCH- FEBRUARY MENU

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus [O] Oats

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 1 WG Pancake [E][G][S][C][D] ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ¾ c Milk [D]	2 1 WG Pancake [E][G][S][C][D] ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ¾ c Milk [D]	3 ½ WG English Muffin [G][S][C] ½ c Melon Salad ¾ c Milk [D]	4	5 ¼ c Scrambled Eggs [D][E] 1 WG Biscuit [D][G][S] ½ c Mandarin Oranges ¾ c Milk [D]
LUNCH	½ c Chili [T][C] 1 Mini Corn Muffin [E][G][S][C] ¼ c Spinach or ½ c Spinach Salad Ranch [E][S] ¼ Pears ¾ c Milk [D] <i>Veg: ¾ c Vegetarian Chili [T][C]</i>	Morocco 2 oz Moroccan Chicken [T] ¼ c Vegetables ¼ c Curried Couscous ¼ c Cantaloupe ¾ c Milk [D] <i>Veg: 3/8 c Moroccan Chickpea [T] 1.5 oz m/ma</i>	Swedish Lunch 3 Swedish Meatballs [D][G][S] in Gravy ½ c WG Rice & Beets ¼ c Pineapple ¾ c Milk [D] <i>Veg: ½ c Vegetarian Baked Beans [C] 1.5 oz m/ma</i>	¾ c Chicken Alfredo with a WG Twist [D][G][E] ½ c Shredded Kale Salad with Italian [S][C] ½ c Apple/EHS Applesauce ¾ c Milk [D] <i>Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma with Alfredo sauce and ¼ c WG Rotini</i>	1 Cheese Manicotti [D][E][G][C] w Tomato Basil Sauce [T] • 1 ¼ oz Cheese, 2 oz WG Grain (2.75 oz) ¼ c Broccoli w Veggie Dip [D][E][S][C] EHS Steamed Broccoli ¼ c Fresh Fruit Salad Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D] <i>Veg: Same</i>
BREAKFAST	8	9 ¼ c WG Oatmeal ½ c Honeydew ¾ c Milk [D]	10 ½ WG Bagel [G][C] & Cream Cheese [D] ½ c Sliced Apple EHS Applesauce ¾ c Milk [D]	11	12 1 Cheese Omelet 1 oz WG English Muffin [G][S][C] w PC Jelly [C] ½ c Pears ¾ c Milk [D]
LUNCH	Japan 2 oz Teriyaki Chicken [T][S][C] ¼ c WG Rice ¼ c Asian Succotash – (baby corn, lima beans, tomato) [T][C] ¼ c Pineapple ¾ c Milk [D] <i>Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma w Teriyaki Sauce</i>	½ c Beef Picadillo #8 [T] 1 ½ oz m/ma ¼ c WG Rice (½ oz Grain) ½ c Spinach Salad w creamy Italian [S][C] / EHS 1/8 c Steamed Spinach ¼ c Pears ¾ c Milk [D] <i>Veg: ½ c Bean Piccadillo [T] 1.5 oz m/ma</i>	Breakfast for Lunch 3 Turkey Sausage Bites 2 WG Pancake [E][G][S][C][D] w Lite Syrup ¼ c Creamed Spinach & Greens [D][G][S][C][E] ¼ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ¾ c Milk [D] <i>Veg: ½ c Yogurt [D][C] 1 oz m/ma & 1 oz String Cheese [D] 1 oz m/ma and pancakes, greens, fruit</i>	2 oz Beef Patty [S] 1 WG Bun ¼ c Glazed Carrots [C] ¼ c Cantaloupe ¾ c Milk [D] <i>Veg: ½ c Barbecue Kidney Beans [C] (2 oz m/ma) ½ WG w Pita (1 oz g)</i>	5/8 c Seasoned Red Beans [T] & WG Rice • 3/8 c Beans; ¼ c Rice ¼ c Broccoli w Italian Dressing [S][C] ½ Apple ¾ c Milk [D] <i>Veg: Same</i>
LUNCH	15  Holiday Presidents' Day	16 1 WG Pancake [E][G][S][C][D] w Syrup [C] ½ c Honeydew ¾ c Milk [D] ¼ c Turkey Sloppy Joe [T][C] 1 oz WG Bun [G][S] ¼ c Creamed Spinach & Greens [D][G][S][C] ¼ c Apple/EHS Applesauce ¾ c Milk [D] <i>Veg: ½ c Bean Sloppy Joe (2 oz m/ma) #8 [T][C]</i>	17 ½ WG English Muffin [G][S][C] w PC Jelly [C] ½ c Melon Salad ¾ c Milk [D] China ¼ c Stir Fried Beef La Choy [C] ¼ c WG Rice ¼ c Broccoli & Ranch Dip [D][E][S] EHS Steamed Broccoli ¼ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ¾ c Milk [D] <i>Veg: ½ c Stir Fried Tofu [S][C] 2 oz m/ma</i>	18	19 ¼ c Scrambled Eggs [D][E] 1 WG Biscuit [D][G][S] ½ c Mandarin Oranges ¾ c Milk [D] ½ c WG Macaroni & Cheese [D][E][G][S][C] ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian Baked Beans [C] ½ c Spinach Salad w Italian [S][C] EHS Steamed Spinach ¼ c Fresh Fruit Salad Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D] <i>Veg: Same</i>

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	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
BREAKFAST		¼ c WG Oatmeal ½ c Pineapple Tidbits ¾ c Milk [D]	½ WG Bagel [G][C] w Cream Cheese [D] ½ c Sliced Apple ¾ c Milk [D]		1 Cheese Omelet [D][E][S][C] 1 oz WG English Muffin [G][S][C] ½ c Pears ¾ c Milk [D]
LUNCH	½ c Arroz con Pollo [T] 1 ½ oz m/ma with ¼ c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c WG Rice ¼ c Mandarin Oranges ¾ c Milk [D]	2oz Meatloaf [E][T][G][S] & Gravy [D][G][S][C] 1oz WG Roll [G][S] ¼ c Broccoli & Ranch Dip [D][E][S] EHS Steamed Broccoli ¼ c Roasted Potatoes ¾ c Milk [D]	Asian 2 oz Honey Glazed Chicken [S] ¼ c Asian WG Brown Rice [S] ¼ c Stir Fried Bok Choy & Carrots ¼ c Cantaloupe ¾ c Milk [D]	½ c Beef & WG Macaroni Pasta Bake [T] #8 2 oz Beef, ¼ c WG Noodles (½ oz) ½ c Field Green Salad w Ranch [D][E][S] / EHS Cucumber Slices ¼ c Honeydew ¾ c Milk [D]	½ c Bean Burrito [T] ¼ c Cilantro WG rice ¼ c Pico de Gallo [T] 1 TBSP Cheese [D] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]
	Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma con Pollo w Rice ¼ c Vegetables (Bell Pepper, Onion Tomatoes) [T]	Veg: ½ c Hummus ½ WG w Pita [G][S][C] (1 oz g) NO ROLL	Veg: 3 Honey Glazed Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma	Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick [D][E][G][S][C] 1 ½ oz M/MA ¼ c WG Noodles ½ oz	Veg: Same