

February

2019

Calendar Month

Calendar Year



Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
04 Chilaquiles ² Whole wheat bread ³⁶ Tangerine Milk*	05 Whole-grain cereal Orange Milk*	06 Oatmeal w/ toppings ¹ Pineapple Milk*	07 Low-fat yogurt ¹ Banana Milk*	08 Refried Beans ⁵ Plantains Melon Milk*
11 Hard Boiled Eggs ² Whole wheat bread ³⁶ Orange Milk*	12 Whole-grain cereal Pineapple Milk*	13 Oatmeal w/ toppings ¹ Tangerine Milk*	14 Low-fat yogurt ¹ Banana Milk*	15 Scrambled eggs ² Turkey Sausage Whole Wheat Tortilla ³ Melon Milk*
18 Closed	19 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Melon Milk*	20 Whole-grain cereal Apple Milk*	21 Oatmeal w/ toppings ¹ Melon Milk*	22 Refried Beans ⁵ Plantains Pineapple Milk*
25 Chilaquiles ² Whole wheat bread ³⁶ Banana Milk*	26 Whole-grain cereal Orange Milk*	27 Oatmeal w/ toppings ¹ Melon Milk*	28 Low-fat yogurt ¹ Tangerine Milk*	01 Turkey Sausage Whole grain waffle ¹³⁶ Pineapple Milk*

Notes: This menu is subject to change

Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Lentils

*Milk: 1 yr-old children (Unflavored Whole Milk)

2-5 yrs-old (Unflavored 1% Milk)



Breakfast


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Monday	Tuesday	Wednesday	Thursday	Friday
04 Vegetarian Bolognesa ⁷ Green Salad Whole wheat pasta ³ Apple Milk*	05 Chicken Lo Mein ³⁶ Green Salad Pear Milk*	06 Beef w/ Cabbage Barley/Quinoa ³ Orange Milk*	07 Vegetarian Fried Rice ⁵ Broccoli Melon Milk*	08 Chicken Tinga Tacos Carrots & Cababage Corn Tortillas Tangerine Milk*
11 Black Beans ⁵ Green Salad Brown Rice Apple Milk*	12 Chicken Fajitas ⁶ Peppers & Onions Whole Wheat tortilla ³ Melon Milk*	13 Tofu & Vegetables Lo Mein ³⁶ Broccoli Banana Milk*	14 Beef Bolognesa Whole wheat pasta ³ Pear Milk*	15 Chicken Legs ⁶ Green beans Whole Wheat Roll ³ Tangerine Milk*
18 Closed	19 Lentils w/ Kale & Mushrooms ⁷ Green Salad Brown Rice Apple Milk*	20 Beef and Bean ⁵ Tacos Green Salad Corn Tortillas Orange Milk*	21 International Day: Middle East 	22 Chicken Fried Rice Broccoli Pear Milk*
25 Lentil Sweet Potato Stew ⁷ Brown Rice Pear Milk*	26 Moroccan Beef w/ Chickpeas ⁵ Cucumber Salad Barley/Quinoa ³ Melon Milk*	27 Quesadillas w/ Beans & Spinach ¹³⁵ Broccoli Whole Wheat tortilla ³ Apple Milk*	28 Fish Stew ⁴ w/ Celery, Carrots, Potatoes Barley ³ Pineapple Milk*	01 Teriyaki Chicken Legs ⁶ Corn & Peppers Whole Wheat Bread ³⁶ Orange Milk*

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Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy

*Milk: 1 yr-old children (Unflavored Whole Milk)

2-5 yrs-old (Unflavored 1% Milk)



Lunch

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Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
04 Low Fat Yogurt ¹ Melon	05 Chickpeas w/ cinnamon ⁵ Apple	06 Whole Wheat Animal Crackers ³ Banana	07 Roasted Sweet Potato String Cheese ¹	08 Graham Crackers ³ Pear
11 String Cheese ¹ Pear	12 Oatmeal Bar Banana	13 Bread with Cheese ¹³⁶ Melon	14 Hummus ⁵ Pita Bread ³ Pineapple	15 Whole Wheat Animal Crackers ³ Apple
18 Closed	19 Whole Wheat Animal Crackers ³ Melon	20 Pumpkin Dip ¹ Pear	21 Bread with Chocolate ¹³⁶ Tangerine	22 String Cheese ¹ Banana
25 Low Fat Yogurt ¹ Apple	26 Roasted Sweet Potato String Cheese ¹	27 Chickpeas w/ cinnamon ⁵ Tangerine	28 Bread with Chocolate ¹³⁶ Banana	01 Whole Wheat Animal Crackers ³ Pear

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Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy



Snack

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	05 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	06 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	07 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	08 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon
11 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	12 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	13 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	14 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	15 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon
18 Closed	19 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	20 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	21 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	22 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple
25 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	26 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	27 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	28 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	01 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear

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Green: Local



Infant Breakfast

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
04	05	06	07	08	09	10	11	12	13
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Zucchini	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Green Beans	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef , Spinach	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beans, Sweet Potato	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Carrots	14	15	16	17	18
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beans, Spinach	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Carrots	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Zucchini	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef , Sweet Potato	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Green Beans	19	20	21	22	23
Closed	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Zucchini	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef , Spinach	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Butternut Squash	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Carrots	24	25	26	27	28
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Sweet Potato	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef , Spinach	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Potato	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beans, Zucchini	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Green Beans	29	30	01	02	03

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Green: Local



Infant Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	05 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	06 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	07 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	08 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear
11 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	12 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	13 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	14 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	15 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple
18 Closed	19 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	20 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	21 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	22 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana
25 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	26 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	27 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	28 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	01 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana

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Green: Local



Infant Snack