

# February 2025 Menu



**\*All meals served with condiments- chicken (BBQ sauce, Teriyaki sauce, Ketchup) French toast/Pancakes (syrup), Biscuits (jelly)**

		Ages 3-5	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Bananas	Oranges	Apples	Bananas	Oranges
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuit w jelly	Cereal
Lunch	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Vegetable	¼ cup	Corn	Baby carrots	Broccoli	Corn	Broccoli
	Fruit	¼ cup	Oranges	Apples	Oranges	Apples	Oranges
	Grain	½ oz eq	Brown rice	W.G bread	W.G bread	Tortilla	W.G bread
	Meat/ Meat Alternative	1 ½ oz	Ground Turkey bowl	Ground Turkey spaghetti	BBQ chicken	Potato and cheese tacos	Chicken tacos
Snack	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit Juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
	Vegetable	½ cup					
	Grain	½ oz eq	Ritz crackers	Graham crackers		Goldfish	Saltine crackers
	Meat / Meat Alternate	½ oz			Mozzarella Sticks		

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		Ages 3-5	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Bananas	Apples	Oranges	Bananas	Applesauce
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuit with jelly	Cereal
Lunch	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Vegetable	¼ cup	Corn	Broccoli	Carrots	Corn	Carrots
	Fruit	¼ cup	Apples	Oranges	Apples	Oranges	Apples
	Grain	½ oz eq	W.G bread	Tortilla	W.G bread	W.G bread	Tortillas
	Meat/ Meat Alternative	1 ½ oz	Grilled chicken	Ground Turkey tacos	Ground turkey spaghetti	BBQ chicken	Chicken tacos
Snack	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
	Vegetable	½ cup					
	Grain	½ oz eq	Ritz crackers		Graham crackers	Saltine crackers	Ritz Crackers
	Meat / Meat Alternate	½ oz		Mozzarella Sticks			

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		Ages 3-5	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Oreges	Bananas	Oranges	Bananas	Applesauce
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuit wit jelly	Cereal
Lunch	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Vegetable	¼ cup	Corn	Carrots	Broccoli	Carrots	Corn
	Fruit	¼ cup	Apples	Oranges	Apples	Oranges	Apples
	Grain	½ oz eq	W.G bread	W.G bread	Tortilla	W.G Bread	W.G bread
	Meat/ Meat Alternative	1 ½ oz	Ground Turkey Meatballs	Grilled chicken	Ground turkey tacos	Ground Turkey spaghetti	BBQ chicken
Snack	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
	Vegetable	½ cup					
	Grain	½ oz eq	Saltine crackers	Ritz crackers	Graham crackers	Goldfish	
	Meat / Meat Alternate	½ oz					Mozzarella sticks

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		Ages 3-5	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Applesauce	Bananas	Oranges	Bananas	Apple sauce
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuits & jelly	Cereal
Lunch	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Vegetable	¼ cup	Broccoli	Carrots	Corn	Broccoli	Carrots
	Fruit	¼ cup	Oranges	Apple sauce	Apples	Oranges	Apples
	Grain	½ oz eq	Tortillas	W.G bread	Tortillas	W.G bread	W.G bread
	Meat/ Meat Alternative	1 ½ oz	Chicken tacos	Ground turkey spaghetti	Ground beef tacos	Grilled Chicken	Ground turkey meatballs
Snack	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
	Vegetable	½ cup					
	Grain	½ oz eq		Graham crackers	Saltine crackers	Goldfish	Saltine cracker
	Meat / Meat Alternate	½ oz	Mozzarella sticks				

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		Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	¾ cup					
	Fruit / Vegetable	½ cup					
	Grain/Meat	½ oz eq					
Lunch	Milk	¾ cup					
	Vegetable	¼ cup					
	Fruit	¼ cup					
	Grain	½ oz eq					
	Meat/ Meat Alternative	1 ½ oz					
Snack	Milk	½ cup					
	Fruit	½ cup					
	Vegetable	½ cup					
	Grain	½ oz eq					
	Meat / Meat Alternate	½ oz					