

ECLC FEBRUARY 2017 MENU w/ SNACK

		<u>WEDNESDAY 1</u>	<u>THURSDAY 2</u>	<u>FRIDAY 3</u>
<p><u>Alternative Meals:</u></p> <p>1/30-2/3: Yogurt Box</p> <p>2/6-2/10: Hummus Plate</p> <p>2/13-2/17: Yogurt Box (Pre-K out for break)</p> <p>2/20-2/24: Wow Butter & Honey Sandwich</p> <p>2/27-3/3: Hummus Plate</p>	<p>Find us on Facebook!</p> <p>www.facebook.com/CSDschoolnutrition/</p>	<p><u>BREAKFAST</u> Chicken Biscuit or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Turkey & Cheese Roll Up Sweet Potato Fries Glazed Carrots Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Rice Chex Cereal 100% Fruit Juice</p>	<p><u>BREAKFAST</u> French Toast w/Syrup or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Beef Soft Tacos Lettuce, Tomato, Salsa Sour Cream & Guacamole Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Cheese Cubes, Whole Grain Crackers, Water</p>	<p><u>BREAKFAST</u> Scrambled Eggs & Cheese Grits Or Assorted Cereal w/Toast Choice of Milk</p> <p><u>LUNCH</u> Sliced Chicken Filet w/Dip Roasted Potato Wedges Parmesan Broccoli Apple Wedges /Applesauce Choice of Milk</p> <p><u>SNACK</u> Animal Crackers, 100% Fruit Juice</p>
<u>MONDAY 6</u>	<u>TUESDAY 7</u>	<u>WEDNESDAY 8</u>	<u>THURSDAY 9</u>	<u>FRIDAY 10</u>
<p><u>BREAKFAST</u> WG Cinnamon Roll or Assorted Cereal w/Toast 100% Fruit Juice Choice of Milk</p> <p><u>LUNCH</u> Chicken Nuggets Waffle Fries Seasoned Green Beans Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> Applesauce, Goldfish Crackers, Water</p>	<p><u>BREAKFAST</u> Peach Pie Parfait or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Parmesan Noodles Steamed Broccoli Buttered Toast Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Whole Grain Teddy Grahams 100% Fruit Juice LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Sausage Biscuit or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Hamburger Steak w/ Gravy Seasoned Brown Rice Black-eyed Peas Peach Slices Choice of Milk</p> <p><u>SNACK</u> Vanilla Wafers & Banana Water</p>	<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar or Assorted Cereal w/Toast Applesauce Choice of Milk</p> <p><u>LUNCH</u> Soft Chicken Tacos Lettuce, Tomatoes & Salsa Sour Cream & Guacamole Saucy Pinto Beans Banana Choice of Milk</p> <p><u>SNACK</u> Sliced Pears Vanilla Yogurt Water</p>	<p><u>BREAKFAST</u> Manager's Choice</p> <p><u>LUNCH</u> Manager's Choice</p> <p><u>SNACK</u> Whole Grain Graham Crackers w/WOW Butter Water</p>

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<u>MONDAY 13</u>	<u>TUESDAY 14</u>	<u>WEDNESDAY 15</u>	<u>THURSDAY 16</u>	<u>FRIDAY 17</u>
<p><u>BREAKFAST</u> Cinnamon Roll Assorted Cereal w/Toast Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Chicken Nuggets Real Mashed Potatoes Seasoned Green Peas Garlic Toast Fruit Salad Choice of Milk</p> <p><u>SNACK</u> WG Choc. Chip Oatmeal Bar Milk</p>	<p><u>BREAKFAST</u> Berry Patch Smoothie or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Buttered Corn Steamed Mixed Veggies Sliced Oranges/ Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Cheerios Sliced Pears/Raisins Water LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Pancakes w/Syrup & Sausage Or Assorted Cereal w/Toast Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Chicken and Rice Roasted Broccoli & Carrots Banana Choice of Milk</p> <p><u>SNACK</u> Cheese Stick WG Crackers Water</p>	<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar or Assorted Cereal w/Toast Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u> Chicken Quesadilla Lettuce, Tomatoes & Salsa Sour Cream & Guacamole Mexican Rice Cuban Black Beans Sliced Pears Choice of Milk</p> <p><u>SNACK</u> Rice Chex Cereal 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Scrambled Eggs & Cheese Grits Or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Spaghetti (Meat or Marinara) Seasoned Corn Seasoned Green Beans Fuji Apple /Applesauce Choice of Milk</p> <p><u>SNACK</u> Turkey & Cheese Roll Up Water</p>
<u>MONDAY 20</u>	<u>TUESDAY 21</u>	<u>WEDNESDAY 22</u>	<u>THURSDAY 23</u>	<u>FRIDAY 24</u>
<p><u>BREAKFAST</u> WG Muffin & Vanilla Yogurt Or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Pizza Waffle Fries Green Beans Sliced Pears Choice of Milk</p> <p><u>SNACK</u> Cheese Stick WG Crackers Water</p>	<p><u>BREAKFAST</u> Berry Parfait Or Assorted Cereal w/Toast Banana Choice of Milk</p> <p><u>LUNCH</u> Grilled Cheese Sandwich Sweet Potato Fries Steamed Broccoli Apple Slices/Applesauce Choice of Milk</p> <p><u>SNACK</u> Fruit & Yogurt Water LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Chicken Biscuit or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Teriyaki Chicken Brown Rice Shelled Edamame Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Sugar-free Pudding Cup 100% Fruit Juice</p>	<p><u>BREAKFAST</u> French Toast w/Syrup or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Beef Soft Tacos Lettuce, Tomato, Salsa Sour Cream & Guacamole Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Animal Crackers & Banana Water</p>	<p><u>BREAKFAST</u> Scrambled Eggs & Cheese Grits Or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Chicken Nuggets Real Mashed Potatoes Seasoned Green Peas Garlic Toast Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> Whole Grain Muffin Milk</p>

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<u>MONDAY 27</u>	<u>TUESDAY 28</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>BREAKFAST</u> Cinnamon Roll Assorted Cereal w/Toast Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Chicken Alfredo w/ Whole Grain Rotini Steamed Broccoli Honey Coin Carrots Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> WG Choc. Chip Oatmeal Bar 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Grape Ape Smoothie or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Buttered Corn Steamed Mixed Veggies Sliced Oranges/ Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Cheerios Sliced Apple /Applesauce Water LEAN & GREEN DAY</p>			