



## February 2023 Lunch & Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Breakfast burrito on WGR tortilla, mandarin oranges, milk</p> <p>Chicken Ratatouille, brown rice, broccoli, orange slices, milk</p> <p>Warm pretzel, string cheese</p>	<p>2 WGR Cheerios, banana, milk</p> <p>Chicken Noodle Soup, corn bread, green beans, apple slices, milk</p> <p>Rice cake w/ sunbutter, cucumber slices</p>	<p>3 Oatmeal, berries, milk</p> <p>Roast Chicken Sandwich on WGR bun, roasted cauliflower, pears, milk</p> <p>Cottage cheese, pineapple</p>
<p>6</p> <p>SCP Closed Teacher Training Day</p>	<p>7 Pancake w/berry sauce, turkey sausage, milk</p> <p>Stir Fry Chicken w/ WGR rice, broccoli, pineapple, milk</p> <p>Warm pita bread w/cheese, orange slices</p>	<p>8 WGR cinnamon raisin tst., plums, milk</p> <p>HM Mac &amp; Cheese w/WGR pasta, peas, ham roll up, peaches, milk</p> <p>WGR goldfish crackers, applesauce</p>	<p>9 WGR English Muffin, peaches, milk</p> <p>Cheeseburger on WGR roll, potato wedges, orange slices, milk</p> <p>HM Hummus, pretzel sticks</p>	<p>10 Spinach egg bake, pears, milk</p> <p>Tortellini vegetable soup, WGR pita bread, grapes, milk</p> <p>Yogurt, WGR crackers</p>
<p>13 Scrambled eggs, WGR Toast, mandarin oranges, milk</p> <p>Pulled Pork on WGR bun, sweet potato fries, grapes, milk</p> <p>Rice cake w/sunbutter, red pepper slices</p>	<p>14 Pink Smoothie, WGR Toast, milk</p> <p>Heart Quesadilla w/ cheese &amp; Beans, strawberries, milk</p> <p>Heart Kabobs, pretzel sticks</p>	<p>15 Oatmeal muffin square, tropical fruit salad, milk</p> <p>Chicken in basil bechamel sauce over WGR pasta, green beans, pears, milk</p> <p>Egg rolls, jicama</p>	<p>16 Rice Krispies, banana, milk</p> <p>Canadian bacon &amp; cheese pizza, roasted broccoli, pineapple, milk</p> <p>WGR goldfish crackers, string cheese</p>	<p>17 Blueberry Muffin, applesauce, milk</p> <p>Sloppy Joe on WGR bun, potato wedges, apple slices, milk</p> <p>Cracker sandwich, peaches</p>
<p>20 WGR bagel, mangoes, milk</p> <p>Quiche w/spinach &amp; red peppers, turkey roll up, mandarin oranges, milk</p> <p>WGR bread w/ avocados</p>	<p>21 Croissant w/sunbutter, berries, milk</p> <p>Chili Con Carne w/beans, corn bread, corn, pineapple, milk</p> <p>Mango salsa, WGR crackers</p>	<p>22 WGR waffle, melon, milk</p> <p>Stir fry pork over Brown rice, broccoli, peaches, milk</p> <p>Cottage cheese, tomatoes</p>	<p>23 Oatmeal, oranges, milk</p> <p>Chicken Salad on WGR bread, peas, melon, milk</p> <p>Baked apples, crackers</p>	<p>24 French Tst. sticks, tropical fruit salad, milk</p> <p>Ravioli in Meat sauce, green beans, melon, milk</p> <p>HM Hummus, pretzel sticks</p>
<p>27 Corn Muffin, applesauce, milk</p> <p>Tuscan grilled cheese on WGR bread, tomato soup, pears, milk</p> <p>Edamame, bread stick</p>	<p>28 WGR Cheerios, strawberries, milk</p> <p>Chicken alfredo over WGR pasta, roasted mixed vegetables, oranges, milk</p> <p>String cheese, green peppers</p>	<p>1&amp;2 Year Old's (5 choices including milk) 1 oz meat/meat alternate 1/8 c fruit &amp; 1/8 c veggie 1/2 slice bread/bread alternative Milk-AM &amp; PM Snacks 1/2 c 1&amp;2 Year Olds 1/2 c 3&amp;4 Year Olds' Lunch 1/2 c 1 &amp; 2 Year olds 3/4 c 3 &amp; 4 Year Old</p>	<p>Lunch 3&amp;4 Year olds (5 choices including milk) 1 1/2 oz. meat/meat alternative 1/2 cup fruit and 1/4 cup vegetables 1/2 slice bread/bread alternative AM &amp; PM snack (2 choices) 1/2 oz meat/meat alternative 1/2 cup fruit or veggie 1/2 slice bread or bread alternative</p>	<p>USDA is an equal opportunity employer</p> <p>WGR = whole grain HM = homemade *All milk served to participants 2 yrs. &amp; older is unflavored, fat free milk. Children 1yr. are served unflavored whole milk</p>



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