



February 2019



Mon

Tue

Wed

Thu

Fri

				1 Scrambled Eggs, Pears WG Bun, Beef Hamburger, Sliced Cheese, Baked Beans, Applesauce
4 WG Oatmeal, Pineapple Brown Rice, Baked Turkey with Gravy, Peas, Apple	5 Banana Bread, Mandarin Orange/Blueberry Mix Waffles, Turkey Sausage Links, Carrots, Honeydew Melon	6 WG Chex Cereal, Banana WG Rigatoni Pasta, Chicken Chunks with Alfredo Sauce, California Vegetable Blend, Pears	7 English Muffin with Jelly, Cantaloupe WG Tortilla, Ground Beef, Shredded Cheese, Shredded Lettuce, Corn, Oranges	8 Pancakes, Applesauce WG Pizza, Green Beans, Fruit Cocktail
11 WG Life Cereal, Peaches Hotdog bun, Beef Meatballs, Tomato Sauce, Shredded Cheese, Green Beans, Mandarin Oranges	12 WG Cream of Wheat, Banana Brown Rice, Chicken Nuggets, Peas/Carrots, Pear	13 Fruited Muffins, Clementines WG Cheese Quesadilla, Black Beans, Corn, Sour Cream, Applesauce	14 Scrambled Eggs with Cheese, Fresh Fruit Salad WG Tortilla, Marinated Chicken, California Vegetable Blend, Honeydew Melon	15 WG Bagel with Cream Cheese, Pears French Toast, Egg Patty, Carrots, Grapes
18 Scrambled Eggs, Fruit Cocktail, WG Tortilla, Shredded Chicken, Salsa, Peas, Pineapple	19 WG Bagel, Sunbutter/Wowbuter, Applesauce Grilled Cheese, Tomato Soup, Baked Sweet Potato Spears, Oranges	20 WG Oatmeal, Banana Veggie Pancakes, Turkey Sausage Links, Green Beans, Grapes	21 Toasted Os Cereal, Pear Fish Sticks, Spanish Brown Rice, Corn, Strawberries	22 Blueberry Bread, Apple Slices WG Bun, BBQ Ground Chicken, Baked Beans, Cantaloupe
25 Crispy Rice Cereal, Peaches WG Tortilla, Scrambled Eggs, Sliced Potatoes, Banana	26 Fruited Muffins, Pear WG Elbow Pasta, Ground Beef Tomato Sauce, Corn/Black Beans, Apple	27 Waffles, Grapes Biscuit, Baked Turkey with Gravy, Peas/Carrots, Pineapple	28 WG Cream of Wheat, Banana Cheese Quesadilla, Green Salad with Dill Dressing, Fresh Fruit Salad	

See CACFP Healthy Child Meal Pattern for serving sizes

We follow Age 1-2 meal patterns for Sparrows, Chickadees and Swans and Ages 3-5 meal patterns for all other classrooms. Milk is served at Breakfast & Lunch. 1% milk is served to children 2 yrs and older. A variety of cold cereal is served, all with under 6 grams of sugar. Lunch is served with a whole grain bread when a grain is not on the menu. Raw veggies or a fresh fruit platter are served with every lunch as an extra offering. Allowable Substitutions will be made if menu items are not available.

Special Notations:

WW = Whole Wheat

WG = Whole Grain

Campus Pre-School makes every effort to accommodate food allergies and sensitivities. We serve CACFP recommended substitutions. If you wish to discuss your child's dietary needs, please stop in at the main office. A doctor's note may be required for accommodations. Families can bring food from home for their child after a discussion has taken place with the office and any needed documentation is provided.

Vegetable and/or Fruit Platters are served with every lunch. They may include items such as tomatoes, cucumbers, celery, peppers, snap peas, green beans and carrots etc. and various fresh fruit including seasonal fruit selections as appropriate for the age of the children in the classroom.