



February 2020



Mon	Tue	Wed	Thu	Fri
<p>3 Cream of Wheat, Pears</p> <p>Baked Turkey Breast, WG Brown Rice, Gravy, Peas, Apples</p>	<p>4 Homemade Banana Bread, Pineapple</p> <p>Wheat French Toast, Scrambled Eggs, Carrots, Sliced Melon</p>	<p>5 Corn Flakes, Bananas</p> <p>Chicken Chunks, Alfredo Sauce, WG Pasta, California Blend Vegetables, Pears</p>	<p>6 Biscuit and Jelly, Mixed Melons</p> <p>Ground Beef, WG Tortilla, Sour Cream, Black Bean Soup, Oranges</p>	<p>7 WG Kixx Cereal, Applesauce</p> <p>Top Your Own French Bread Pizza, Tossed Salad with Dressing, Fresh Vegetable Tray, Fruit Cocktail</p>
<p>10 Toasty O's Cereal, Peaches</p> <p>Chicken Nuggets, Black Beans and Brown Rice, Green Beans, Pears</p>	<p>11 WG Oatmeal, Bananas</p> <p>Beef Meatballs in Red Sauce, Hotdog Bun, Shredded Cheese, Green Beans, Oranges</p>	<p>12 WG Life Cereal, Apples</p> <p>Grilled Cheese on Wheat Bread, Tomato Soup, Mashed Sweet Potatoes, Kiwi</p>	<p>13 Homemade Fruited Muffins, Fruit Cocktail</p> <p>Marinated Chicken Chunks, WG Pita Bread, Cauliflower, Grapes</p>	<p>14 WG Bagel with Cream Cheese, Watermelon</p> <p>Strawberry Pancakes, Turkey Sausage Links, Carrots, Apples</p>
<p>17 Crispy Rice Cereal, Fruit Cocktail</p> <p>Fish Sticks, WG Spanish Rice, Corn and Black Beans, Strawberries</p>	<p>18 WG Bagel, Sunbutter/Wowbutter, Applesauce</p> <p>Waffles, Yogurt, Diced Red Potatoes, Grapes</p>	<p>19 Homemade Blueberry Muffins, Mandarin Oranges</p> <p>Ground BBQ Beef, WG Bun, Green Beans, Mixed melon Cubes</p>	<p>20 WG Kixx Cereal, Pears</p> <p>Cheese Quesadilla, Refried Beans, Apples</p>	<p>21 WG Oatmeal, Bananas</p> <p>Chicken Meatloaf, Cornbread Mashed Sweet Potatoes, Pineapple</p>
<p>24 Corn Flakes, Peaches</p> <p>Scrambled Eggs, WG Tortilla, Sliced Cheese, Sliced Potatoes, Bananas</p>	<p>25 Homemade Applesauce Bread, Pears</p> <p>Beef Meatballs, WG Pasta, Pasta Sauce, Green Beans, Apples</p>	<p>26 Waffles, Grapes</p> <p>Baked Turkey Breast, Biscuits, Gravy, Peas/Carrots, Watermelon</p>	<p>27 Cream of Wheat, Bananas</p> <p>Grilled Cheese on Wheat Bread, Tomato Soup, Tossed Salad with Dressing, Fresh Vegetable Tray, Clementines</p>	<p>28 Scrambled Eggs, Mandarin Oranges</p> <p>Chicken Nuggets, WG Brown Rice, Broccoli and Cauliflower, Fruit Cocktail</p>

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 platters are served with every lunch. They may include items such as raw tomatoes, cucumbers, celery, peppers, snap peas, green beans and carrots etc. as appropriate for the age of the children in the classroom. When Veggie Trays are on the menu, the quantities of raw vegetables are increased to meet creditable vegetable standards.