

# FEBRUARY 2023 CHILD CARE HOT LUNCH MENU

**Remember that at least one vegetable component MUST be served at every Lunch!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/6/2023 284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 670 FRESH FRUIT 100 WHITE MILK	2/7/2023 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	2/8/2023 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	2/9/2023 264 4" x 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	2/10/2023 285 GRILLED CHICKEN STRIPS WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
2/13/2023 288 WG MACARONI & CHEESE WITH BROCCOLI 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	2/14/2023 293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK	2/15/2023 295 MEATLOAF & GRAVY WITH MASHED POTATOES 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/16/2023 225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	2/17/2023 283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 100 WHITE MILK
2/20/2023 280 BEEF PATTY WITH GREEN BEANS 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	Valentine's Day 2/21/2023 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	2/22/2023 287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	2/23/2023 291 GRILLED CHICKEN STRIPS WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 100 WHITE MILK	2/24/2023 264 4" x 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
Presidents' Day 2/27/2023 284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	2/28/2023 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	Ash Wednesday 3/1/2023 288 WG MACARONI & CHEESE WITH BROCCOLI 670 FRESH FRUIT 100 WHITE MILK	3/2/2023 296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 506 CHOPPED ROMAINE SALAD <i>or</i> 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	3/3/2023 225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK

**MENU SUBJECT TO CHANGE**

**+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD**

**WG = WHOLE GRAIN-RICH**

**Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.**

**CHOPPED ROMAINE SALAD: CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.**

**REMINDER: Water must be OFFERED every day!**

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