



			Wednesday 2/1/23	Thursday 2/2/23	Friday 2/3/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit			WHOLE GRAIN FRENCH TOAST FRUIT SALAD	NATIONAL TATOR TOT DAY ENRICHED GRITS CHEESY TATOR TOTS	MULTI GRAIN WAFFLE BLUEBERRIES
Fluid Milk			*MILK	*MILK	*MILK
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
LUNCH					
Meat/Meat Alternate			SWEDISH BEEF MEATBALLS	SLICED TURKEY SUB	HOMEMADE MAC-N-CHEESE
Whole Grain/Grain Alternate			W/ WHOLE WHEAT NOODLES	MULTI GRAIN SUB ROLL	WHOLE WHEAT SPIRAL NOODLES
Vegetable or Fruit			BAKED APPLES	PINEAPPLE RINGS	STRAWBERRIES
Vegetable			MIXED VEGETABLES	BROCCOLI W/CHEESE	ROASTED BRUSSEL SPROUTS
Fluid Milk			* MILK	*MILK	*MILK
	Whole Grain		Whole Grain	Whole Grain	Whole Grain
PM SNACK					
Meat/Meat Alternate			COTTAGE CHEESE	STRING CHEESE	BOILED EGG HALVES
Whole Grain/Grain Alternate			ENRICHED PRETZELS	BANANAS	FRESH TOMATOES
Vegetable or Fruit					
Fluid Milk			WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
	* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.				





Whole Grain/Grain Alternate   Simplified-Comployeeringht- ENRICHED 0ATMEAL   ENRICHED SAUSAGE BISCUTT MIXED BERRIES   MULTIGRAIN CHEERIOS SLICED PEARS   ENRICHED 6RITS APRICOT HALVES   WHOLE WHEAT PANCAKES BANANAS & STRAWBERRIE     Fluid Milk   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     UNCH   Meat/Meat Alternate   FISH FILLET   BAKED CHICKEN   TURKEY BURGER   GRILLED EXTRA CHEESE & TOMATO   VEGAN BREAKFAST TACOS SCRAMBLED TOFU W/SALS     Whole Grain   MULTI GRAIN BUN   ENRICHED FETTUCCINE   MULTI GRAIN BUN   SCRAMBLED TOFU W/SALS     Vegetable or Fruit   MULTI GRAIN BUN   ENRICHED FETTUCCINE   MULTI GRAIN BUN   SCRAMBLED TOFU W/SALS     Vegetable or Fruit   PEAS & CARROTS   BRCCCOLI   TOMATO & CUCUMBER SALAD   GREEN BEANS   CUTIE ORANGES     Vegetable   PEAS & CARROTS   BROCCOLI   TOMATO & CUCUMBER SALAD   MILK   *MILK   *MILK     PM SNACK   HUMMUS & CUCUMBER SANDWICH   Whole Grain   Whole Grain   Whole Grain   Whole WHEAT CHEX     Vegetable or Fruit   WHOLE WHEAT BREAD   FRESH PICO DE GALLO   SWIMMING FISH IN SOUP   WHOLE WHEAT CHEX   WHOLE WHEAT CHEX     Multi Grain/Grain Alternate <th></th> <th colspan="4">Cabbago, Broccin, Cabinover</th>		Cabbago, Broccin, Cabinover				
BREAKFAST     https://www.mmyplate.gov/recipe s/myplate-cnpp/overnight- ENRICHED GATMEAL     ENRICHED SAUSAGE BISCUIT PEACHES     MULTIGRAIN CHEERIOS SLICED PEARS     ENRICHED GRTS APRICOT HALVES     WHOLE WHEAT PANCAKES BANANAS & STRAWBERRIE "MILK       Yegtable or Fruit Fluid Milk     Whole Grain     VEGAN BREAKFAST TACOG SCRAMBLED TOFU W/SALS       Whole Grain/Grain Alternate Whole Grain     FISH FILLET     BAKED CHICKEN ENRICHED FETTUCCINE GREEN APPLE SLICES BROCCOLI     TURKEY BURGER MULTI GRAIN BUN TANGERINE PEAS & CARROTS     GREEN APPLE SLICES BROCCOLI     MULTI GRAIN BUN TOMATO & CUCUMBER SALAD     GREEN BEANS     SCRAMBLED TOFU W/SALS WHOLE WHEAT TORTILLA CUTIE ORANGES CARROT STICKS       PM SNACK     HUMMUS & CUCUMBER SANDWICH HUMMUS & WHOLE GRAIN CHIPS FRESH PICO DE GALLO CUCUMBERS WHOLE WHEAT BREAD CUCUMBERS     SWIMMING FISH IN SOUP WHOLE WHEAT GOLDFISH TOMATO SOUP     WHOLE WHEAT CHEX HODE WHEAT CHEX HODE WHEAT CHEX HODE WHEAT BREAD CUCUMBERS     WHOLE WHEAT CHEX HODE Grain     Whole Grain     Whole Grain </th <th></th> <th>Monday 2/6/23</th> <th>Tuesday 2/7/23</th> <th>Wednesday 2/8/23</th> <th>Thursday 2/9/23</th> <th>Friday 2/10/23</th>		Monday 2/6/23	Tuesday 2/7/23	Wednesday 2/8/23	Thursday 2/9/23	Friday 2/10/23
BREAKTAS1   s/myplate-cnopp/overnight- ENRICHED oATMEAL   s/myplate-cnopp/overnight- ENRICHED SAUSAGE BISCUIT   MULTIGRAIN CHEERIOS SLICED PEARS   ENRICHED GRITS APRICOT HALVES   WHOLE WHEAT PANCAKES BANANAS & STRAWBERRIE "MILK     Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     UNCH   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     UNCH   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     UNCH   Multif GRAIN BUN   TISH FILLET   BAKED CHICKEN   TURKEY BURGER   GRILLED EXTRA CHEESE & TOMATO     Whole Grain/Grain Alternate   MULTI GRAIN BUN   TANGEREN REAKFAST TACOG   SCRAMBLED TOFU W/SALS     Whole Grain/Grain Alternate   MULTI GRAIN BUN   BAKED CHICKEN   TURKEY BURGER   GRILLED EXTRA CHEESE & TOMATO     Whole Grain/Grain Alternate   MULTI GRAIN BUN   TANGEREN REAKFAST TACOG   SCRAMBLED TOFU W/SALS     Vegetable   PEAS & CARROTS   BARCOCAL   TURKEY BURGER   GRIELED EXTRA CHEESE & TOMATO     Vegetable   FRESH MILK   *MILK   *MILK   CUTTE ORANGES     Vegetable   FRESH MILK   *MILK   *MILK   CUTE ORANGES		OATMEAL MONDAY				BREAKFAST ON A STICK
Vegetable or Fruit   MIXED BERRIES   PEACHES   SLICED PEARS   APRICOT HALVES   BANANAS & STRAWBERREE     Fluid Milk   MILK   *MILK   *GRAMBLED FOFT U/CALVERALS   SCRAMBLED FOFT U/CALVERALS   CUTIE ORANGES   CUTIE ORANGES   CUTIE ORAN	BREAKFAST					
Fluid Milk   *MILK     TWO COMPONENTS   Whole Grain   VEGAN BREAKFAST TACOS   SCRAMBLED TOFU   SCRAMBL	Whole Grain/Grain Alternate	ENRICHED OATMEAL	ENRICHED SAUSAGE BISCUIT	MULTIGRAIN CHEERIOS	ENRICHED GRITS	WHOLE WHEAT PANCAKES
TWO COMPONENTS Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain   LUNCH FISH FILLET NATIONAL FETTUCCINE ALFREDO DAY TURKEY BURGER GRILLED EXTRA CHEESE & TOMATO SCRAMBLED TOFU W/SALS   Whole Grain/Grain Alternate FISH FILLET BAKED CHICKEN TURKEY BURGER GRILLED EXTRA CHEESE & TOMATO SCRAMBLED TOFU W/SALS   Wegetable or Fruit FAS & CARROTS BROCCOLI MULTI GRAIN BUN GREEN APPLE SLICES MULTI GRAIN BUN SLICED KIWI CUTIE ORANGES   Vegetable PEAS & CARROTS BROCCOLI * MILK * MILK * MILK * MILK CUTIE ORANGES   Vegetable Whole Grain   PM SNACK Whole Grain Whole Grain Whole Grain Whole Grain Whole WHEAT CHEX APPLESAUCE   Whole Grain/Grain Alternate WHOLE WHEAT BREAD WHOLE GRAIN CHIPS WHOLE WHEAT CHEX WHOLE WHEAT CHEX APPLESAUCE   Whole Grain/Grain Alternate WHOLE WHEAT BREAD CUCUMBER SANDWICH WHOLE GRAIN CHIPS WHOLE WHEAT CHEX WHOLE WHEAT CHEX   Vegetable or Fruit WHOLE WHEAT BREAD CUCUMBERS WATER WATER WATER WHOLE WHEAT CHEX	Vegetable or Fruit	MIXED BERRIES	PEACHES	SLICED PEARS	APRICOT HALVES	BANANAS & STRAWBERRIES
LUNCH   Mational Fettuccine alfRebo Day   VEGAN BREAKFAST TACOS     Meat/Meat Alternate   FISH FILLET   BakED CHICKEN   TURKEY BURGER   GRILLED EXTRA CHEESE & TOMATO   SCRAMBLED TOFU W/SALS     Whole Grain/Grain Alternate   MULTI GRAIN BUN   ENRICHED FETTUCCINE   MULTI GRAIN BUN   SCRAMBLED TOFU W/SALS     Vegetable   PEAS & CARROTS   GREEN APPLE SLICES   MOLEY DEW MELON   SLICED KIWI   CUTIE ORANGES     Fluid Milk   *MILK   *MILK   *MILK   *MILK   *MILK   *MILK     PM SNACK   Whole Grain   Whole Grain   Whole Grain   Whole GRAIN CHIPS   WHOLE WHEAT BREAD   WHOLE WHEAT RAISIN TOAS     Whole Grain/Grain Alternate   WHOLE WHEAT BREAD   FRESH PICO DE GALLO   SWIMMING FISH IN SOUP   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Whole Grain/Grain Alternate   WHOLE WHEAT BREAD   FRESH PICO DE GALLO   TOMATO SOUP   100% BERRY JUICE   APPLESAUCE     Vegetable or Fruit   Whole Grain   Whole Grain   WHOLE WHEAT RAISIN TOAS   APPLESAUCE     Whole Grain/Grain Alternate   WHOLE WHEAT BREAD   FRESH PICO DE GALLO   TOMATO SOUP   100% BERRY JUICE   APPLESAUCE     Vegetable or Fruit   Whole	Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
Meat/Meat Alternate   FISH FILLET   BAKED CHICKEN   TURKEY BURGER   GRILLED EXTRA CHEESE & TOMATO   SCRAMBLED TOFU W/SALS     Whole Grain/Grain Alternate   MULTI GRAIN BUN   ENRICHED FETTUCCINE   MULTI GRAIN BUN   SCRAMBLED TOFU W/SALS   WHOLE WHEAT BREAD   WHOLE WHEAT TORTILLA     Vegetable or Fruit   TANGERINE   GREEN APPLE SLICES   BROCCOLI   TOMATO & CUCUMBER SALAD   GREEN BEANS   CUTIE ORANGES     Fluid Milk   *MILK   *MILK   *MILK   *MILK   *MILK   MULTI GRAIN SUN   CURROT STICKS   CARROT STICKS     PM SNACK   Whole Grain     PM SNACK   HUMMUS & CUCUMBER SANDWICH   WHOLE GRAIN CHIPS   SWIMMING FISH IN SOUP   WHOLE WHEAT BREAD   WHOLE WHEAT BREAD   WHOLE WHEAT BREAD   WHOLE WHEAT RAISIN TOAS     Vegetable or Fruit   HUMMUS   WHOLE GRAIN CHIPS   FRESH PICO DE GALLO   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Vegetable or Fruit   WHOLE WHEAT BREAD   WATER   WATER   WATER   WATER   WHOLE WHEAT CHEX   APPLESAUCE     Vegetable or Fruit   Whole Grain   WATER   WATER	TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
Multer nate   Multi GAIN BUN   ENRICHED FETTUCCINE   Multi GRAIN BUN   ENRICHED FETTUCCINE   Multi GRAIN BUN   WHOLE WHEAT BREAD   WHOLE WHEAT BREAD     Vegetable   PEAS & CARROTS   BROCCOLI   HONEY DEW MELON   SLICED KIWI   CUTIE ORANGES     Fluid Milk   *MILK   *MILK   *MILK   *MILK   *MILK   *MILK   *MILK     PM SNACK   Whole Grain   Whole Grain   Whole GRAIN CHIPS   Whole GRAIN CHIPS   WHOLE WHEAT BREAD   Whole Grain   Whole WHEAT CHEX   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     PM SNACK   HUMMUS & CUCUMBER SANDWICH   WHOLE GRAIN CHIPS   SWIMMING FISH IN SOUP   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Whole Grain/Grain Alternate   WHOLE WHEAT BREAD   WHOLE GRAIN CHIPS   WHOLE WHEAT GOLDFISH   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Whole Grain/Grain Alternate   WHOLE WHEAT BREAD   CUCUMBERS   FRESH PICO DE GALLO   WATER   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Vegetable or Fruit   CUCUMBERS   WATER   WATER   WATER   WATER   WATER     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Gra	LUNCH		NATIONAL FETTUCCINE ALFREDO DAY			VEGAN BREAKFAST TACOS
Vegetable or Fruit   TANGERINE   GREEN APPLE SLICES   HONEY DEW MELON   SLICED KIWI   CUTIE ORANGES     Vegetable   PEAS & CARROTS   BROCCOLI   TOMATO & CUCUMBER SALAD   GREEN BEANS   CARROT STICKS     Fluid Milk   *MILK   *MILK   *MILK   *MILK   *MILK   *MILK     Whole Grain     PM SNACK   HUMMUS & CUCUMBER SANDWICH   WHOLE GRAIN CHIPS   SWIMMING FISH IN SOUP   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Meat/Meat Alternate   WHOLE WHEAT BREAD   FRESH PICO DE GALLO   WHOLE WHEAT GOLDFISH   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Vegetable or Fruit   WHOLE WHEAT BREAD   FRESH PICO DE GALLO   WATER   WATER   WATER     TWO COMPONENTS   Whole Grain   Whole Grain   WATER   WATER   WATER   WATER	Meat/Meat Alternate	FISH FILLET	BAKED CHICKEN	TURKEY BURGER	GRILLED EXTRA CHEESE & TOMATO	SCRAMBLED TOFU W/SALSA
Vegetable   PEAS & CARROTS   BROCCOLI   TOMATO & CUCUMBER SALAD   GREEN BEANS   CARROT STICKS     Fluid Milk   *MILK	Whole Grain/Grain Alternate	MULTI GRAIN BUN	ENRICHED FETTUCCINE	MULTI GRAIN BUN	WHOLE WHEAT BREAD	WHOLE WHEAT TORTILLA
Fluid Milk   *MILK   *MILK   *MILK   *MILK   *MILK     Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     PM SNACK   HUMMUS & CUCUMBER SANDWICH   Ymmune   SWIMMING FISH IN SOUP   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Whole Grain/Grain Alternate   HUMMUS   WHOLE WHEAT BREAD   WHOLE GRAIN CHIPS   WHOLE WHEAT GOLDFISH   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Vegetable or Fruit   CUCUMBERS   WATER   WATER   WATER   WATER   WATER     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain	Vegetable or Fruit	TANGERINE	GREEN APPLE SLICES	HONEY DEW MELON	SLICED KIWI	CUTIE ORANGES
Whole Grain     PM SNACK   HUMMUS & CUCUMBER SANDWICH   HUMMUS & CUCUMBER SANDWICH   WHOLE GRAIN CHIPS   SWIMMING FISH IN SOUP   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Meat/Meat Alternate   WHOLE WHEAT BREAD   FRESH PICO DE GALLO   TOMATO SOUP   100% BERRY JUICE   APPLESAUCE     Vegetable or Fruit   WATER   WATER   WATER   WATER   WATER   WATER     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain	Vegetable	PEAS & CARROTS	BROCCOLI	TOMATO & CUCUMBER SALAD	GREEN BEANS	CARROT STICKS
PM SNACK   HUMMUS & CUCUMBER SANDWICH   SWIMMING FISH IN SOUP   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Meat/Meat Alternate   HUMMUS   WHOLE GRAIN CHIPS   WHOLE WHEAT GOLDFISH   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Whole Grain/Grain Alternate   WHOLE WHEAT BREAD   FRESH PICO DE GALLO   TOMATO SOUP   100% BERRY JUICE   APPLESAUCE     Vegetable or Fruit   WATER   WATER   WATER   WATER   WATER   WATER     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain	Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
Meat/Meat Alternate   HUMMUS   WHOLE GRAIN CHIPS   WHOLE WHEAT GOLDFISH   WHOLE WHEAT CHEX   WHOLE WHEAT RAISIN TOAS     Whole Grain/Grain Alternate   WHOLE WHEAT BREAD   FRESH PICO DE GALLO   TOMATO SOUP   100% BERRY JUICE   APPLESAUCE     Vegetable or Fruit   WATER   WATER   WATER   WATER   WATER   WATER     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain		Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
Whole Grain/Grain Alternate   WHOLE WHEAT BREAD   FRESH PICO DE GALLO   TOMATO SOUP   100% BERRY JUICE   APPLESAUCE     Vegetable or Fruit   CUCUMBERS   WATER   Whole Grain	PM SNACK	HUMMUS & CUCUMBER SANDWICH		SWIMMING FISH IN SOUP		
Vegetable or Fruit     CUCUMBERS     WATER	Meat/Meat Alternate	HUMMUS	WHOLE GRAIN CHIPS	WHOLE WHEAT GOLDFISH	WHOLE WHEAT CHEX	WHOLE WHEAT RAISIN TOAST
Fluid Milk     WATER     WATER     WATER     WATER       TWO COMPONENTS     Whole Grain     Whole Grain     Whole Grain     Whole Grain     Whole Grain	Whole Grain/Grain Alternate	WHOLE WHEAT BREAD	FRESH PICO DE GALLO	TOMATO SOUP	100% BERRY JUICE	APPLESAUCE
TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain	Vegetable or Fruit	CUCUMBERS				
	Fluid Milk	WATER	WATER	WATER		WATER
* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.	TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
		* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

#### Georgia Nutritional Services, Inc



	Monday 2/13/23	○Tuesday 2/14/23 ○	Wednesday 2/15/23	Thursday 2/16/23	Friday 2/17/23
BREAKFAST					
Whole Grain/Grain Alternate	ENRICHED SAUSAGE BISCUIT	WHOLE WHEAT PANCAKES	ENRICHED GRITS	WHOLE WHEAT BAGEL	ENRICHED KIX CEREAL
Vegetable or Fruit	DICED PEARS	STRAWBERRIES & BANANAS	APRICOT HALVES	CITRUS FRUIT SALAD	RASPBERRIES
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	Whole Grain	U Whole Grain	Whole Grain	Whole Grain	Whole Grain
LUNCH			VEGAN LENTIL STEW		https://www.cacfp.org/2022/09/13/sunny lemon-chicken/
Meat/Meat Alternate	TUNA & CHEESE SUB	GRILLED CHICKEN TENDERS	LENTIL BEANS	CHILI MAC W/GROUND TURKEY	BAKED CHICKEN
Whole Grain/Grain Alternate	WHOLE WHEAT SUB ROLL	WHOLE WHEAT ROLL	WHOLE WHEAT ROLL	WHOLE WHEAT PASTA	ENRICHED BROWN RICE
Vegetable or Fruit	DICED PEACHES	RASPBERRIES	PINEAPPLE	DICED PEARS	SLICED GRAPES
Vegetable	GRILLED TOMATOES	ROASTED BROCCOLI	DICED CARROTS	CORN ON THE COB	CALI BLEND VEGETABLES
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
PM SNACK	FRUIT PIZZA				
Meat/Meat Alternate	(WG BAGEL, LF CREAM CHEESE)	ENRICHED PRETZELS	WHOLE GRAIN TORTILLA CHIPS	WHOLE GRAIN CHEEZ-ITS	WHOLE WHEAT SANDWICH THINS
Whole Grain/Grain Alternate	BLUEBERRIES & STRAWBERRIES	ROASTED HUMMUS DIP	CHEESE DIP/SALSA	CINNAMON APPLESAUCE	CHERRY TOMATOES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
	* One year olds are served	* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.			





	Monday 2/20/23	Tuesday 2/21/23	Wednesday 2/22/23	Thursday 2/23/23	Friday 2/24/23
BREAKFAST		NATIONAL PANCAKE DAY			
Whole Grain/Grain Alternate	WHOLE GRAIN CHEERIOS	WHOLE GRAIN MINI PANCAKES	WHOLE WHEAT MINI BAGEL	WHOLE GRAIN FRENCH TOAST	WHOLE WHEAT WAFFLES
Vegetable or Fruit	APRICOT HALVES	WARMED STRAWBERRIES	RASPBERRIES	PEAR HALVES	WARMED PEACHES
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
LUNCH			COOK A SWEET POTATO DAY		
Meat/Meat Alternate	LENTIL & BLACK BEAN WRAP	GRILLED CHEDDAR CHEESE	CHICKEN NUGGETS	TURKEY BURGER	HOMEMADE MAC AND CHEESE
Whole Grain/Grain Alternate	WHOLE GRAIN SPINACH TORTILLA	WHOLE WHEAT SLICED BREAD	WHOLE WHEAT ROLL	MULTI GRAIN BUN	ENRICHED MACARONI
Vegetable or Fruit	FRUIT COCKTAIL	PINEAPPLE TIDBITS	SLICED KIWI	HONEY DEW MELON	BROCCOLI
Vegetable	BAKED CAULIFLOWER	SWEET PEAS	BAKED SWEET POTATO	ROASTED CABBAGE	APPLE CRANBERRY SALAD
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
PM SNACK	FRUIT & VEGGIE CUP				TIC-TAC-TOE VEGGIE PIZZA
Meat/Meat Alternate	WHOLE GRAIN SUNCHIPS	ENRICHED PRETZEL STICKS	ENRICHED PITA CHIPS	WHOLE GRAIN CRACKERS	MOZZARELLA CHEESE
Whole Grain/Grain Alternate	CELERY & APPLE STICKS	CHEDDAR CHEESE CUBES	CRISPY ROASTED CHICKPEAS	BROCCOLI & CHEESE SOUP	WHOLE WHEAT PITA
Vegetable or Fruit					SUMMER SQUASH
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
	* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.				





	Monday 2/27/23	Tuesday 2/28/23			
BREAKFAST Whole Grain/Grain Alternate	WHOLE GRAIN BAGEL	ENRICHED OATMEAL			
	WARMED PEACHES	APRICOTS			
Vegetable or Fruit					
Fluid Milk	*MILK	*MILK			
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
LUNCH					
Meat/Meat Alternate	BEEF HAMBURGER	CHICKEN NUGGETS			
Whole Grain/Grain Alternate	WHOLE GRAIN BUN	WHOLE WHEAT ROLL			
Vegetable or Fruit	FRUIT COCKTAIL	SLICED STRAWBERRIES			
Vegetable	SWEET POTATO FRIES	STEAMED CORN			
Fluid Milk	*MILK	*MILK			
	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
PM SNACK					
Meat/Meat Alternate	HAM CUBES	WHOLE GRAIN CRACKERS			
Whole Grain/Grain Alternate	WHOLE WHEAT RITZ CRACKER	VEGETABLE SOUP			
Vegetable or Fruit					
Fluid Milk	WATER	WATER			
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
	* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.				