


# Harvest of the month: February 2023



			Wednesday 2/1/23	Thursday 2/2/23	Friday 2/3/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			WHOLE GRAIN FRENCH TOAST FRUIT SALAD *MILK	<b>NATIONAL TATOR TOT DAY</b> ENRICHED GRITS CHEESY TATOR TOTS *MILK	MULTI GRAIN WAFFLE BLUEBERRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk			SWEDISH BEEF MEATBALLS W/ WHOLE WHEAT NOODLES BAKED APPLES MIXED VEGETABLES * MILK	SLICED TURKEY SUB MULTI GRAIN SUB ROLL PINEAPPLE RINGS BROCCOLI W/CHEESE *MILK	HOMEMADE MAC-N-CHEESE WHOLE WHEAT SPIRAL NOODLES STRAWBERRIES ROASTED BRUSSEL SPROUTS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			COTTAGE CHEESE ENRICHED PRETZELS  WATER	STRING CHEESE BANANAS  WATER	BOILED EGG HALVES FRESH TOMATOES  WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> 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.					


# Harvest of the month: February 2023



	Monday 2/6/23	Tuesday 2/7/23	Wednesday 2/8/23	Thursday 2/9/23	Friday 2/10/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>OATMEAL MONDAY</b> <a href="https://www.myplate.gov/recipes/myplate-cnpp/overnight-enriched-oatmeal-mixed-berries">https://www.myplate.gov/recipes/myplate-cnpp/overnight-enriched-oatmeal-mixed-berries</a> ENRICHED OATMEAL MIXED BERRIES *MILK	ENRICHED SAUSAGE BISCUIT PEACHES *MILK	MULTIGRAIN CHEERIOS SLICED PEARS *MILK	ENRICHED GRITS APRICOT HALVES *MILK	<b>BREAKFAST ON A STICK</b>  WHOLE WHEAT PANCAKES BANANAS & STRAWBERRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH FILLET MULTI GRAIN BUN TANGERINE PEAS & CARROTS *MILK	<b>NATIONAL FETTUCCINE ALFREDO DAY</b> BAKED CHICKEN ENRICHED FETTUCCINE GREEN APPLE SLICES BROCCOLI *MILK	TURKEY BURGER MULTI GRAIN BUN HONEY DEW MELON TOMATO & CUCUMBER SALAD * MILK	GRILLED EXTRA CHEESE & TOMATO WHOLE WHEAT BREAD SLICED KIWI GREEN BEANS *MILK	<b>VEGAN BREAKFAST TACOS</b> SCRAMBLED TOFU W/SALSA WHOLE WHEAT TORTILLA CUTIE ORANGES CARROT STICKS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	HUMMUS & CUCUMBER SANDWICH HUMMUS WHOLE WHEAT BREAD CUCUMBERS WATER	WHOLE GRAIN CHIPS FRESH PICO DE GALLO  WATER	<b>SWIMMING FISH IN SOUP</b> WHOLE WHEAT GOLDFISH TOMATO SOUP  WATER	WHOLE WHEAT CHEX 100% BERRY JUICE	WHOLE WHEAT RAISIN TOAST APPLESAUCE  WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	* 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.				

# Harvest of the month: February 2023



	Monday 2/13/23	♥Tuesday 2/14/23♥	Wednesday 2/15/23	Thursday 2/16/23	Friday 2/17/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED SAUSAGE BISCUIT DICED PEARS *MILK	WHOLE WHEAT PANCAKES STRAWBERRIES & BANANAS *MILK 	ENRICHED GRITS APRICOT HALVES *MILK	WHOLE WHEAT BAGEL CITRUS FRUIT SALAD *MILK	ENRICHED KIX CEREAL RASPBERRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL DICED PEACHES GRILLED TOMATOES *MILK	GRILLED CHICKEN TENDERS WHOLE WHEAT ROLL RASPBERRIES ROASTED BROCCOLI *MILK	<b>VEGAN LENTIL STEW</b> LENTIL BEANS WHOLE WHEAT ROLL PINEAPPLE DICED CARROTS * MILK	CHILI MAC W/GROUND TURKEY WHOLE WHEAT PASTA DICED PEARS CORN ON THE COB *MILK	<a href="https://www.cacfp.org/2022/09/13/sunny-lemon-chicken/">https://www.cacfp.org/2022/09/13/sunny-lemon-chicken/</a> BAKED CHICKEN ENRICHED BROWN RICE SLICED GRAPES CALI BLEND VEGETABLES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	FRUIT PIZZA (WG BAGEL, LF CREAM CHEESE) BLUEBERRIES & STRAWBERRIES	ENRICHED PRETZELS ROASTED HUMMUS DIP	WHOLE GRAIN TORTILLA CHIPS CHEESE DIP/SALSA	WHOLE GRAIN CHEEZ-ITS CINNAMON APPLESAUCE	WHOLE WHEAT SANDWICH THINS CHERRY TOMATOES
	WATER	WATER	WATER	WATER	WATER
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> 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.					

# Harvest of the month: February 2023



	Monday 2/20/23	Tuesday 2/21/23	Wednesday 2/22/23	Thursday 2/23/23	Friday 2/24/23
<b>BREAKFAST</b> Wheat/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN CHEERIOS APRICOT HALVES *MILK	<b>NATIONAL PANCAKE DAY</b> WHOLE GRAIN MINI PANCAKES WARMED STRAWBERRIES *MILK	WHOLE WHEAT MINI BAGEL RASPBERRIES *MILK	WHOLE GRAIN FRENCH TOAST PEAR HALVES *MILK	WHOLE WHEAT WAFFLES WARMED PEACHES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	LENTIL & BLACK BEAN WRAP WHOLE GRAIN SPINACH TORTILLA FRUIT COCKTAIL BAKED CAULIFLOWER *MILK	GRILLED CHEDDAR CHEESE WHOLE WHEAT SLICED BREAD PINEAPPLE TIDBITS SWEET PEAS *MILK	<b>COOK A SWEET POTATO DAY</b> CHICKEN NUGGETS WHOLE WHEAT ROLL SLICED KIWI BAKED SWEET POTATO * MILK	TURKEY BURGER MULTI GRAIN BUN HONEY DEW MELON ROASTED CABBAGE *MILK	HOMEMADE MAC AND CHEESE ENRICHED MACARONI BROCCOLI APPLE CRANBERRY SALAD *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>FRUIT &amp; VEGGIE CUP</b> WHOLE GRAIN SUNCHIPS CELERY & APPLE STICKS  WATER	ENRICHED PRETZEL STICKS CHEDDAR CHEESE CUBES  WATER	ENRICHED PITA CHIPS CRISPY ROASTED CHICKPEAS  WATER	WHOLE GRAIN CRACKERS BROCCOLI & CHEESE SOUP  WATER	<b>TIC-TAC-TOE VEGGIE PIZZA</b> MOZZARELLA CHEESE WHOLE WHEAT PITA SUMMER SQUASH WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	* 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.				

# Harvest of the month: February 2023



	Monday 2/27/23	Tuesday 2/28/23			
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN BAGEL WARMED PEACHES *MILK	ENRICHED OATMEAL APRICOTS *MILK			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF HAMBURGER WHOLE GRAIN BUN FRUIT COCKTAIL SWEET POTATO FRIES *MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL SLICED STRAWBERRIES STEAMED CORN *MILK			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	HAM CUBES WHOLE WHEAT RITZ CRACKER	WHOLE GRAIN CRACKERS VEGETABLE SOUP			
	WATER	WATER	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> 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.					