



			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.				