


Harvest of the month: February 2023



			Wednesday 2/1/23	Thursday 2/2/23	Friday 2/3/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			WHOLE GRAIN FRENCH TOAST FRUIT SALAD *MILK	NATIONAL TATOR TOT DAY 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
LUNCH 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"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk			CHICKEN & EGG NOODLE SOUP CHICKEN BREAST ENRICHED EGG NOODLE PEACHES TOSSED SALAD * MILK	(HM) EXTRA CHEESE PIZZA WHOLE WHEAT CRUST PEAR HALVES CARROT STICKS *MILK	BAKED BBQ CHICKEN ENRICHED CORNBREAD FRUIT COCKTAIL COLLARD GREENS * 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
<i>* 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</i>					


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	Monday 2/6/23	Tuesday 2/7/23	Wednesday 2/8/23	Thursday 2/9/23	Friday 2/10/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	OATMEAL MONDAY https://www.myplate.gov/recipes/myplate-cnpp/overnight-oatmeal- ENRICHED OATMEAL MIXED BERRIES *MILK	ENRICHED SAUSAGE BISCUIT PEACHES *MILK	MULTIGRAIN CHEERIOS SLICED PEARS *MILK	ENRICHED GRITS APRICOT HALVES *MILK	BREAKFAST ON A STICK 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH FILLET MULTI GRAIN BUN TANGERINE PEAS & CARROTS *MILK	NATIONAL FETTUCCINE ALFREDO DAY 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	VEGAN BREAKFAST TACOS 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
PM SNACK 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	SWIMMING FISH IN SOUP 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN NUGGETS WHOLE WHEAT ROLL SWEET POTATO FRIES STEAMED CORN *MILK	BLACK BEAN BURGER WHOLE WHEAT BUN APRICOTS ROASTED CAULIFLOWER * MILK	BBQ CHICKEN PIZZA WHOLE WHEAT PIZZA CRUST PLUMS TRI COLOR COLESLAW * MILK	BEEF STIR FRY WHOLE WHEAT NOODLES RASPBERRIES CUCUMBER STICKS *MILK	CHICKEN & CHEESE QUESADILLA WHOLE WHEAT TORTILLA WATERMELON STICKS REFRIED PINTO BEANS * 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
* 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					

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	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 Vegetable or Fruit Fluid Milk	ENRICHED SAUSAGE BISCUIT DICED PEARS *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES STRAWBERRIES & BANANAS *MILK  <input type="checkbox"/> Whole Grain	ENRICHED GRITS APRICOT HALVES *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT BAGEL CITRUS FRUIT SALAD *MILK <input type="checkbox"/> Whole Grain	ENRICHED KIX CEREAL RASPBERRIES *MILK <input type="checkbox"/> Whole Grain
LUNCH 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 <input type="checkbox"/> Whole Grain	GRILLED CHICKEN TENDERS WHOLE WHEAT ROLL RASPBERRIES ROASTED BROCCOLI *MILK <input type="checkbox"/> Whole Grain	VEGAN LENTIL STEW LENTIL BEANS WHOLE WHEAT ROLL PINEAPPLE DICED CARROTS * MILK <input type="checkbox"/> Whole Grain	CHILI MAC W/GROUND TURKEY WHOLE WHEAT PASTA DICED PEARS CORN ON THE COB *MILK <input type="checkbox"/> Whole Grain	https://www.cacfp.org/2022/09/13/sunny-lemon-chicken/ BAKED CHICKEN ENRICHED BROWN RICE SLICED GRAPES CALI BLEND VEGETABLES *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	FRUIT PIZZA (WG BAGEL, LF CREAM CHEESE) BLUEBERRIES & STRAWBERRIES WATER <input type="checkbox"/> Whole Grain	ENRICHED PRETZELS ROASTED HUMMUS DIP WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA CHIPS CHEESE DIP/SALSA WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN CHEEZ-ITS CINNAMON APPLESAUCE WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT SANDWICH THINS CHERRY TOMATOES WATER <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF SPAGHETTI WHOLE WHEAT GARLIC TOAST ORANGE WEDGES TOSSED SALAD *MILK <input type="checkbox"/> Whole Grain	POPCORN SHRIMP ENRICHED FRIED RICE HONEYDEW MELON STIR FRY VEGGIES * MILK <input type="checkbox"/> Whole Grain	PHILLY CHEESE STEAK WHOLE WHEAT SUB ROLL FRUIT COCKTAIL PARMESEAN FRENCH FRIES * MILK <input type="checkbox"/> Whole Grain	FISH FILET WHOLE WHEAT BUN HONEY DEW MELON TOMATO SOUP *MILK <input type="checkbox"/> Whole Grain	NATIONAL CABBAGE DAY BBQ PULLED PORK ENRICHED TEXAS TOAST APRICOT HALVES ROASTED CABBAGE * MILK <input type="checkbox"/> Whole Grain
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	Monday 2/20/23	Tuesday 2/21/23	Wednesday 2/22/23	Thursday 2/23/23	Friday 2/24/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN CHEERIOS APRICOT HALVES *MILK	NATIONAL PANCAKE DAY 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
LUNCH 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	COOK A SWEET POTATO DAY 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	FRUIT & VEGGIE CUP 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	TIC-TAC-TOE VEGGIE PIZZA 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH STICKS MULTI GRAIN BREAD SLICED PEACHES GREEN BEANS *MILK	CHICKEN FAJITAS WHOLE WHEAT TORTILLA PLUMS PINTO BEANS * MILK	BEAN & CHEESE NACHOS WHOLE GRAIN CHIPS MANGO CHUNKS CARROT STICKS * MILK	EXTRA CHEESE RAVIOLI WHOLE GRAIN RAVIOLI RASPBERRIES SAUTEED SPINACH *MILK	SLICED TURKEY PANINI WHOLE WHEAT PITA GROOVY GRAPES CELERY * 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
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	Monday 2/27/23	Tuesday 2/28/23			
BREAKFAST 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
LUNCH 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	HAM CUBES WHOLE WHEAT RITZ CRACKER WATER	WHOLE GRAIN CRACKERS VEGETABLE SOUP 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
TWO COMPONENTS DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SLICED TURKEY & CHEESE WHOLE GRAIN BREAD PINEAPPLE RINGS ROASTED BROCCOLI *MILK	HAM & CHEESE SUB ENRICHED HAWAAIN ROLL PEAR HALVES 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
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