


# 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"/> 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			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>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk			<b>CHICKEN &amp; EGG NOODLE SOUP</b> 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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			YOGURT DIP CUCUMBERS  WATER	ENRICHED CHEESE CRACKERS CELERY STICKS  WATER	TRAIL MIX WHOLE GRAIN CEREAL RAISINS AND CRANBERRIES  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
<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
<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-oatmeal-berries">https://www.myplate.gov/recipes/myplate-cnpp/overnight-oatmeal-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>DINNER</b> 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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PRETZELS 100% APPLE JUICE	ENRICHED GRAHAM CRACKERS MANGO STRIPS  WATER	WHOLE GRAIN SUNCHIPS MANDARINS  WATER	ENRICHED ANIMAL CRACKERS CRUSHED PINEAPPLE  WATER	WHOLE GRAIN CRACKERS SPLIT PEA 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
<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 statement.</i>					

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	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  <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
<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  <input type="checkbox"/> Whole Grain	GRILLED CHICKEN TENDERS WHOLE WHEAT ROLL RASPBERRIES ROASTED BROCCOLI *MILK  <input type="checkbox"/> Whole Grain	<b>VEGAN LENTIL STEW</b>  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	<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
<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  WATER	ENRICHED PRETZELS ROASTED HUMMUS DIP  WATER	WHOLE GRAIN TORTILLA CHIPS CHEESE DIP/SALSA  WATER	WHOLE GRAIN CHEEZ-ITS CINNAMON APPLESAUCE  WATER	WHOLE WHEAT SANDWICH THINS CHERRY TOMATOES  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
<b>DINNER</b> 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	<b>NATIONAL CABBAGE DAY</b> BBQ PULLED PORK ENRICHED TEXAS TOAST APRICOT HALVES ROASTED CABBAGE * MILK  <input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN RICE CAKE APRICOTS  WATER	COTTAGE CHEESE MANGO CUBES  WATER	YOGURT DIP CUCUMBERS  WATER	TURKEY & CHEESE PINWHEEL WHOLE GRAIN SPINACH TORTILLA  WATER	WHOLE WHEAT GOLDFISH SLICED KIWI  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
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	Monday 2/20/23	Tuesday 2/21/23	Wednesday 2/22/23	Thursday 2/23/23	Friday 2/24/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>WHOLE GRAIN CHEERIOS</b> 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>DINNER</b> 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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PRETZELS HONEYDEW MELON  WATER	ENRICHED GRAHAM CRACKERS TANGERINE  WATER	ENRICHED ANIMAL CRACKERS WATERMELON SLICES  WATER	WHOLE GRAIN HAWAIIAN ROLL SAVORY TUNA FISH  WATER	COTTAGE CHEESE PINEAPPLE TIDBITS  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 PEACHES 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  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
<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
<b>DINNER</b> 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
<b>EVENING SNACK</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN CEREAL RAISINS AND CRANBERRIES WATER	FRUIT PIZZA (WG BAGEL, LF CREAM CHEESE) BLUEBERRIES & STRAWBERRIES 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
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