



# Harvest of the month: February 2025



Cruciferous Vegetables  
Cabbage, Broccoli, Cauliflower

	Monday 2/3/25	Tuesday 2/4/25	Wednesday 2/5/25	Thursday 2/6/25	Friday 2/7/25
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	FRENCH TOAST FRUIT SALAD *MILK	GRITS CHEESEY TATOR TOTS *MILK	MINI PANCAKES WARMED APRICOTS *MILK	OATMEAL RASPBERRIES *MILK	WAFFLE BLUEBERRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	RICE CAKE PEANUT/WOW/SOY BUTTER  WATER	MINI BAGEL CINNAMON APPLESAUCE  WATER	WHEAT TOAST WARMED STRAWBERRIES  WATER	PITA CHIPS CRISPY ROASTED CHICKPEAS  WATER	SLICED TURKEY ROLLUP TORTILLA  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>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SWEDISH BEEF MEATBALLS SUB ROLL BAKED APPLES MIXED VEGETABLES *MILK	NATIONAL STUFFED MUSHROOM DAY ROASTED TURKEY FRENCH BREAD PINEAPPLE RINGS STUFFED MUSHROOM *MILK	XTRA CHEESE VEGGIE FLATBREAD FLATBREAD SWEET PEPPERS ROASTED CARROTS *MILK	CHILI MAC W/GROUND TURKEY BREADSTICK DICED PEARS SWEET CORN *MILK	NATIONAL FETTUCCINI DAY CHICKEN BREAST FETTUCCINI PLUMS BROCCOLI *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 TWO COMPONENTS	PRETZELS PLUMS  WATER	BOILED EGG HALVES FRESH TOMATOES  WATER	CHEERIOS BANANAS	RAISIN TOAST APPLESAUCE  WATER	ANIMAL CRACKERS WATERMELON SLICES  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 & EGG NOODLE SOUP CHICKEN BREAST EGG NOODLE PEACHES TOSSED SALAD *MILK	(HM) EXTRA CHEESE PIZZA PIZZA CRUST PEAR HALVES CARROT STICKS * MILK	FISH FILLET MULTI GRAIN BUN WATERMELON STRIPS ROASTED CAULIFLOWER * MILK	STEAK BURRITO BOWL BROWN RICE CANTALOUPE HOMEMADE PICO DE GALLO *MILK	BREAKFAST FOR DINNER TURKEY SAUSAGE MULTI GRAIN TOAST APRICOT HASHBROWNS * 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 TWO COMPONENTS	YOGURT DIP CUCUMBERS  WATER	CHEESE CRACKERS 100% BERRY JUICE	SUN CHIPS BLUEBERRIES  WATER	WARMED CROISSANT MIXED FRUIT  WATER	WHEAT CRACKERS CHEDDAR CHEESE CUBES  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
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement. The				
	Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.				



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	Monday 2/10/25	Tuesday 2/11/25	Wednesday 2/12/25	Thursday 2/13/25	Friday 2/14/25
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	OATMEAL MONDAY				
	OATMEAL RASPBERRIES *MILK	FRENCH TOAST CINNAMON APPLESAUCE *MILK	WAFFLE STICKS BLUEBERRIES *MILK	CROISSANT WARM PEACHES *MILK	CINNAMON PANCAKES BANANAS *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>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	LOWFAT YOGURT APRICOTS  WATER	MINI EGG SALAD SANDWICH WHEAT TOAST  WATER	KIX CEREAL SAUSAGE LINKS  WATER	CREAM OF WHEAT STRAWBERRIES  WATER	CHEESE TOAST GROOVY GRAPES (CUT APPROPRIATELY) 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>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STEAK FINGERS WHOLE WHEAT ROLL SWEET POTATO FRIES STEAMED CORN *MILK	BLACK BEAN BURGER HAMBURGER BUN APRICOTS ROASTED CAULIFLOWER *MILK	CHICKEN NUGGETS HUSH PUPPIES HONEYDEW MELON SWEET PEAS & CARROTS * MILK	BEEF STIR FRY NOODLES RASPBERRIES STIR FRY VEGETABLES *MILK	VEGAN BREAKFAST TACOS SCRAMBLED TOFU W/SALSA TORTILLA CUTIE ORANGES ZUCCHINI STRIPS *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>TWO COMPONENTS</b>	GRAHAM CRACKERS PLUMS  WATER	CHEESE QUESADILLA QUESADILLA KIWI WATER	RICE CAKES TROPICAL FRUIT SALAD  WATER	ANIMAL CRACKERS CELERY STICKS  WATER	HUMMUS & CUCUMBER SANDWICH HUMMUS WHEAT BREAD CUCUMBERS 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	HOMEMADE MACARONI & CHEESE MACARONI BLUEBERRIES COLLARD GREENS *MILK	ROTISSERIE CHICKEN ROLL PEACHES SAUTEED SPINACH * MILK	SALISBURY STEAK BROWN RICE W/ GRAVY APRICOT HALVES ROASTED SQUASH * MILK	GARLIC SHRIMP HAWAIIAN BREAD ROLL PINEAPPLE CHUNKS SAUTEED GREEN BEANS *MILK	OODLE OF NOODLE PASTA BAKED CHICKEN PENNE PASTA BAKED TOMATOES SWEET PEAS * 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 <b>TWO COMPONENTS</b>	PRETZELS 100% APPLE JUICE	WHEAT CRACKERS CANTALOUPE  WATER	PRETZEL STICKS MANDARINS  WATER	LOW FAT YOGURT PLUMS  WATER	CHEEZE-ITS 100% APPLE JUICE
	<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
<p>* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement. The</p> <p>Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.</p>					



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	Monday 2/17/25	Tuesday 2/18/25	Wednesday 2/19/25	Thursday 2/20/25	Friday 2/21/25
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WAFFLE BLUEBERRIES *MILK	SAUSAGE BISCUIT PEACHES *MILK	GRITS BANANAS & STRAWBERRIES *MILK	NATIONAL MUFFIN DAY ENRICHED MUFFIN FRUIT COCKTAIL *MILK	NATIONAL PANCAKE DAY MINI PANCAKES WARMED 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>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENGLISH MUFFINS PEARS  WATER	RICE CAKE SLICED GRAPES (CUT APPROPRIATELY)  WATER	WHOLE GRAIN FRENCH TOAST LOW FAT YOGURT  WATER	EGG & SPINACH OMELET HASHBROWNS  WATER	FRUIT PIZZA BAGEL, LF CREAM CHEESE) BLUEBERRIES & PEACHES  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>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH FILLET HAMBURGER BUN TANGERINE PEAS & CARROTS *MILK	HOMEMADE MAC-N-CHEESE SPIRAL NOODLES STRAWBERRIES ROASTED BRUSSEL SPROUTS *MILK	GRILLED EXTRA CHEESE SANDWICH WHEAT BREAD SLICED KIWI TOMATO BISQUE SOUP * MILK	HAM & CHEESE SUB HAWAAIN ROLL PEAR HALVES CARROT STICKS *MILK	TURKEY BURGER HAMBURGER BUN HONEY DEW MELON BAKED FRENCH FRIES *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 TWO COMPONENTS	TURKEY ROLLUP CANTALOUPE SHAPES (CUT INTO FUN SHAPES) WATER	WHOLE GRAIN CHIPS FRESH PICO DE GALLO  WATER	FRUIT & NUT BUTTER PITA POCKET  PITA POCKETS APPLES/PEANUT/WOW/SOY BUTTER (RECIPE IN LINK) WATER	SALTINE CRACKERS CURRIED TUNA SALAD  WATER	OYSTER 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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STUFFED BELL PEPPERS W/ GROUND TURKEY BROWN RICE HONEYDEW MELON LIMA BEANS *MILK	CHICKEN NUGGETS CORNBREAD STRAWBERRIES PEAS * MILK	HOT TURKEY & SWISS SUB SUB ROLL ORANGES TATER TOTS * MILK	FISH STICKS BREAD STICKS PEACHES ROASTED CABBAGE *MILK	BBQ CHICKEN CORN MUFFIN KIWI STEAMED ZUCCHINI * 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 TWO COMPONENTS	FRUIT & VEGGIE CUPS CELERY PINEAPPLE STICKS  WATER	SESAME STICKS BROCCOLI FLORETS w/HUMMUS  WATER	GRAHAM CRACKERS CHEDDAR CHEESE CUBES  WATER	MINI BAGEL DICED PLUMS  WATER	MUTLIGRAIN CHEERIOS BANANA  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
* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement. The					
Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.					



# Harvest of the month: February 2025



	Monday 2/24/25	Tuesday 2/25/25	Wednesday 2/26/25	Thursday 2/27/25	Friday 2/28/25
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WAFFLE STICKS CHEESEY HASHBROWNS *MILK  <input type="checkbox"/> Whole Grain	GRITS WARMED PEACHES *MILK  <input type="checkbox"/> Whole Grain	MINI BAGEL SAUSAGE LINKS STRAWBERRIES *MILK  <input type="checkbox"/> Whole Grain	MULTIGRAIN CHEX SLICED PLUMS *MILK  <input type="checkbox"/> Whole Grain	<b>NATIONAL BANANA BREAD DAY</b> <b>BANANA BREAD RECIPE</b> BANANA BREAD FRUIT SALAD *MILK  <input type="checkbox"/> Whole Grain
	<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	WHOLE GRAIN RICE CAKES CANTALOUPE CHUNKS  WATER  <input type="checkbox"/> Whole Grain	MINI EGG SALAD SANDWICH WHEAT BREAD  WATER  <input type="checkbox"/> Whole Grain	ENGLISH MUFFIN APRICOTS  WATER  <input type="checkbox"/> Whole Grain	MINI PANCAKES WARM CINNAMON APPLES  WATER  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BLACK BEAN & SPINACH WRAP TORTILLA FRUIT COCKTAIL BAKED CAULIFLOWER *MILK  <input type="checkbox"/> Whole Grain	TUNA & CHEESE SUB FRENCH BREAD ORANGE SMILES GREEN BEANS *MILK  <input type="checkbox"/> Whole Grain	GRILLED CHICKEN TENDERS HAWAIIAN ROLL RASPBERRIES ROASTED BROCCOLI * MILK  <input type="checkbox"/> Whole Grain	RED BEANS BROWN RICE PINEAPPLE SAUTEED SPINACH *MILK  <input type="checkbox"/> Whole Grain	<b>NATIONAL CHILI DAY</b> CHILI MAC W/GROUND TURKEY BREADSTICK DICED PEARS CORN ON THE COB *MILK  <input type="checkbox"/> Whole Grain
	<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	SALTINE CRACKERS VEGETABLE SOUP  WATER  <input type="checkbox"/> Whole Grain	FRUIT PIZZA (WG BAGEL, LF CREAM CHEESE) BLUEBERRIES & APRICOT  WATER  <input type="checkbox"/> Whole Grain	PRETZELS ROASTED HUMMUS DIP  WATER  <input type="checkbox"/> Whole Grain	CHEEZ-ITS HONEYDEW MELON  WATER  <input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BBQ PULLED PORK TEXAS TOAST PEACHES ROASTED CABBAGE *MILK  <input type="checkbox"/> Whole Grain	PHILLY CHEESE STEAK SUB ROLL FRUIT COCKTAIL FRENCH FRIES * MILK  <input type="checkbox"/> Whole Grain	XTRA CHEESE RAVIOLI HM RAVIOLI GROOVY GRAPES MIXED VEGETABLES * MILK  <input type="checkbox"/> Whole Grain	ROTISSERIE CHICKEN BREADSTICKS SLICED KIWI BAKED SWEET POTATO *MILK  <input type="checkbox"/> Whole Grain	REFRIED BEANS NACHOS BLUEBERRIES VEGGIE SALSA * MILK  <input type="checkbox"/> Whole Grain
	<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	GRAHAM CRACKERS (HM) STRAWBERRY SMOOTHIE  <input type="checkbox"/> Whole Grain	CRUNCHY ANTS ON A LOG WOW/SOY/PEANUT BUTTER CELERY RAISINS WATER  <input type="checkbox"/> Whole Grain	FRUIT & VEGGIE CUPS CUCUMBER STICKS WATERMELON STICKS  WATER  <input type="checkbox"/> Whole Grain	SESAME STICKS CHEDDAR CHEESE CUBES  WATER  <input type="checkbox"/> Whole Grain
<p>* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement. The</p> <p>Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.</p>					

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<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><i>* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement. The Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.</i></p>					