



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
BREAKFAST 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
LUNCH 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	PRETZELS PLUMS WATER	BOILED EGG HALVES FRESH TOMATOES WATER	CHEERIOS BANANAS	RAISIN TOAST APPLESAUCE WATER	ANIMAL CRACKERS WATERMELON SLICES WATER
TWO COMPONENTS	<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 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
	* 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 ♥
BREAKFAST 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
LUNCH 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 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
DINNER 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
<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 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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Cruciferous Vegetables
Cabbage, Broccoli, Cauliflower

	Monday 2/17/25	Tuesday 2/18/25	Wednesday 2/19/25	Thursday 2/20/25	Friday 2/21/25
BREAKFAST 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
LUNCH 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
TWO COMPONENTS					
	<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	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
* 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					
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Cabbage, Broccoli, Cauliflower

	Monday 2/24/25	Tuesday 2/25/25	Wednesday 2/26/25	Thursday 2/27/25	Friday 2/28/25
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WAFFLE STICKS CHEESEY HASHBROWNS *MILK	GRITS WARMED PEACHES *MILK	MINI BAGEL SAUSAGE LINKS STRAWBERRIES *MILK	MULTIGRAIN CHEX SLICED PLUMS *MILK	NATIONAL BANANA BREAD DAY BANANA BREAD RECIPE BANANA BREAD FRUIT 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BLACK BEAN & SPINACH WRAP TORTILLA FRUIT COCKTAIL BAKED CAULIFLOWER *MILK	TUNA & CHEESE SUB FRENCH BREAD ORANGE SMILES GREEN BEANS *MILK	GRILLED CHICKEN TENDERS HAWAIIAN ROLL RASPBERRIES ROASTED BROCCOLI * MILK	RED BEANS BROWN RICE PINEAPPLE SAUTEED SPINACH *MILK	NATIONAL CHILI DAY CHILI MAC W/GROUND TURKEY BREADSTICK DICED PEARS CORN ON THE COB *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 TWO COMPONENTS	SALTINE CRACKERS VEGETABLE SOUP WATER	FRUIT PIZZA (WG BAGEL, LF CREAM CHEESE) BLUEBERRIES & APRICOT WATER	PRETZELS ROASTED HUMMUS DIP WATER	CHEEZ-ITS HONEYDEW MELON WATER	SANDWICH THINS CHERRY 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	BBQ PULLED PORK TEXAS TOAST PEACHES ROASTED CABBAGE *MILK	PHILLY CHEESE STEAK SUB ROLL FRUIT COCKTAIL FRENCH FRIES * MILK	XTRA CHEESE RAVIOLI HM RAVIOLI GROOVY GRAPES MIXED VEGETABLES * MILK	ROTISSERIE CHICKEN BREADSTICKS SLICED KIWI BAKED SWEET POTATO *MILK	REFRIED BEANS NACHOS BLUEBERRIES VEGGIE SALSA * 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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BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH 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"/>
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TWO COMPONENTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DINNER 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"/>
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