

This institution is an equal opportunity provider

February 2021 Childcare Pizza Every Other Week Menu (Includes Hot, Cold and Vegetarian Lunch Options)

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch	Premium Chicken Tenders Ketchup CKC Baked Beans Chilled Fruit of the Day	Meatball Sub Whole Grain Hot Dog Bun Crisp Dinner Salad & Dressing Fresh Fruit of the Day	Pot Pie Chicken & Veggie Topper Serve over Creamy Mashed Potatoes Whole Grain Bakery roll Fresh Fruit of the Day	Brunch Lunch Pancake & Syrup Fruited Yogurt Cup & Cheese Stick Chilled Fruit of the Day 100% V Juice	Baked Macaroni w/Meatsauce Shredded Mozzarella Cheese Steamed Green Beans Fresh Fruit of the Day
Cold Lunch	Cheese Bun Baked Beans Chilled Fruit of the Day	Grilled Chicken Bagel Sandwich Crisp Dinner Salad & Dressing Fresh Fruit of the Day	Turkey Cheese Wrap Mashed Potatoes Fresh Fruit of the Day	Fruited Yogurt, Cheese Stick & Animal Crackers 100% 4.23 oz V Juice Chilled Fruit of the Day	Curry Chicken Pasta Steamed Green Beans Fresh Fruit of the Day
Week I					
Hot Lunch	BBQ Meatballs Corn Muffin CKC Baked Beans Chilled Fruit of the Day	Stuffed Cheese Breadstick Italian Dippin Sauce Cucumber Slices & Dip Fresh Fruit of the Day	Beef Taco Pasta Bake Penne Pasta, Seasoned Beef Cheese & Cilantro Cheesy Refried Beans Fresh Fruit of the Day	Chicken & Potato Pilaf Steamed Broccoli Chilled Fruit of the Day	Fresh Hot Pizza Garden Salad & Dressing Fresh Fruit of the Day
Cold Lunch	Cheese Sandwich on Wheat Bread Baked Beans Chilled Fruit of the Day	Asian Chicken Pasta Cucumber Slices Fresh Fruit of the Day	Cheddar Cheese Cup, Cheese Stick & Whole Wheat Tortilla Cheesy Refried Beans Fresh Fruit of the Day	Grilled Chicken Pesto (No Nut) Bun Steamed Broccoli Chilled Fruit of the Day	Hard Cooked Eggs & Mini Pancake Bag Garden Salad & Dressing Fresh Fruit of the Day
Week II					
Hot Lunch	Scallop Potatoes & Beef Dinner Roll Steamed Peas & Carrots Chilled Fruit of the Day	Orange Chicken Steamed Rice Marinated Chilled Broccoli Fresh Fruit of the Day	Cheeseburger Pasta Bake Crisp Garden Salad & Dressing Fresh Fruit of the Day	Hamburger w/ Ketchup Beef Patty, WG Bun & Ketchup Cucumbers w Dip Chilled Fruit of the Day	Mongolian Meatballs WG Roll Steamed Carrots Fresh Fruit of the Day
Cold Lunch	Cheese Bun Steamed Peas & Carrots Chilled Fruit of the Day	Southwest Chicken Pasta Marinated Chilled Broccoli Fresh Fruit of the Day	Yogurt Cup, Cheesestick & Animal Crackers Crisp Garden Salad & Dressing Fresh Fruit of the Day	Turkey Cheese Wrap Cucumbers w Dip Chilled Fruit of the Day	Chicken Salad & Wheat Roll Steamed Carrots Fresh Fruit of the Day
Week III					
Hot Lunch	Old Fashioned Sloppy Joe Whole Grain Bun Steamed Mixed Veggies Chilled Fruit of the Day	Chicken Taco WG Tortilla, Chicken & Cheese Cheesy Refried Beans Fresh Fruit of the Day	Swiss Salisbury Steak Mashed Sweet Potatoes Whole Grain Bakery Roll Fresh Fruit of the Day	Mac & Cheese Steamed Green Beans Chilled Fruit of the Day	Fresh Hot Pizza Fresh Fruit of the Day 100% 4.23 oz V Juice
Cold Lunch	Cheese Wrap Steamed Mixed Veggies Chilled Fruit of the Day	Cheddar Cheese Cup, Cheese Stick & Whole Wheat Tortilla Cheesy Refried Beans Fresh Fruit of the Day	Turkey Bun Mashed Sweet Potatoes Fresh Fruit of the Day	Chicken Salad Wrap Steamed Green Beans Chilled Fruit of the Day	4.6 oz Wowbutter & Jelly Sandwich 100% 4.23 oz V Juice Fresh Fruit of the Day
Week IV					

Weeks I,III,V	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Veg	Garden Burger	Cheese Calzone	Pizza Crunchers w/Italian Dip	Mac & Cheese	Wild Mikes Cheese Bites & Italian Dip
Cold Veg	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	Wow Butter Cup, Cheese Stick & Bagel	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Muffin
II,IV,VI	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Veg	Cheese Quesadilla & Cholula	Cheese Lasagna	Stuffed Cheese Bread w/Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich
Cold Veg	Yogurt, Cheese Cubes & Stuffed Cream Cheese Bagel	Cheese Cup, String Cheese & Tortilla	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Hard Cooked Eggs & Muffin

**Hot vegetarian lunches come with the veggie & fruit of hot lunches - Cold Vegetarian lunches come with the veggie & fruit of Cold Lunches*

5 Shades of Nutrition	Green	Red	Yellow/Orange	White/Brown	Blue/Violet
	Green foods are rich in phytochemicals (lutein & indoles) and offer plenty of fiber. Leafy green vegetables are loaded with anti-oxidants and folates. Romaine Lettuce Kale Spinach Broccoli Okra Mint	Red is a color associated with heart. Lycopene, a phytochemical that gives the red color to food, helps to prevent heart ailments and keeps the arteries healthy. Beets Tomatoes Red Pepper Watermelon Cranberries Cinnamon	Yellow/Orange foods pack betacarotene, Vitamin A and Vitamin C. Collectively, these nutrients promote healthy vision, cell growth and immune system. Carrots Lemons Pineapple Peaches Ginger Turmeric	These foods pack colorless phytonutrients. Onions and Garlic have great anti-inflammatory properties. Mushrooms boost immunity, with Selenium. Cauliflower Onion/Shallots/Garlic Dates Mushroom Coconut Fennel	These darker color foods contain anthocyanin, a flavonoid that fights cell damage. They also come with vitamin E & C, thus promoting bone health and memory. Blueberries Plums/Prunes Egg Plant Purple Cabbage Purple Grapes Black Olives

*Skim and 1% milk choices offered daily.

*All Bread/Chips/Tortillas listed in the menu are whole-grain products.