

Milked served: 1% or fat-free for children ≥ 2 yrs. old
 Whole Milk for children 12-23 months old

TLC MEAL MENU
February 2020

Our Center participates in a USDA funded program and
 is an equal opportunity provider and employer

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date:	3	4	5	6	7
Breakfast	Cereal: Cherrios, Banana, Milk	Waffles, Strawberries, Milk	Sausage Pancakes, Blueberries, Milk	French Toast, Apple Slices, Milk	Cereal: Corn Flakes, Strawberries, Milk
Lunch	Homemade Teriyaki Meatballs, Buttered wheat noodles, Broccoli, Peaches, Milk	KIDS COOK (WGR) Pizza w/toppings, Garden Salad w/Ranch Dressing, Pineapple, Milk	Sunbutter and Jelly on (WGR) Bread, Carrots, Fruit Cocktail, Milk	Beef Ravilios with sauce, Green Beans, Mandarin Oranges, Milk	Beef Hot Dogs on (WGR) Bun, Corn, Peaches, Milk
PM Snack	Goldfish, Oranges, Water	Yogurt Parfait, Graham Crackers, Milk	Animal Crackers, Banana, Water	Cheese-Its, Grapes, Water	Pretzels, Cheese Sticks, Water
Date:	10	11	12	13	14
Breakfast	Cereal: Corn Flakes, Blueberries, Milk	Waffles, Bananas, Milk	English Muffin (Wheat) w/ Jam Mixed Fruit, Milk	Pancakes, Strawberries, Milk	Cereal: Cherrios, Strawberries, Milk
Lunch	Chicken Fried Rice w/Vegetables, Mandarin Oranges, Milk	Meatloaf, (WGR) Dinner Rolls, Peas, Mandarin Oranges, Milk	BBQ Chicken, Broccoli, Peaches, Milk	Ham and Cheese Sandwich on (WGR) Bread, Carrots, Mixed Fruit	Chicken Nuggets, Corn, Mixed Fruit, Milk
PM Snack	Cheese-Its, Grapes, Water	Apple Slices, Sunbutter, Water	Goldfish, Oranges, Water	Graham Crackers, Apple Sauce, Water	Special Valentine Snack
Date:	17	18	19	20	21
Breakfast	Cereal: Cherrios, Banana, Milk	French Toast Sticks, Mandarin Oranges, Milk	Susage Pancakes, Blueberries, Milk	Waffles, Apple Slices, Milk	Cereal: Corn Flakes, Blueberries, Milk
Lunch	Beef and Cheese Taco on (WGR) Tortilla Wrap, Lettuce and Cucumber, Pineapple, Milk	Fish Sticks, Corn, Blueberries, Milk	Spaghetti and Meatballs w/Pasta Sauce, Garden Salad w/ranch, Pineapple, Milk	Turkey and Cheese (WGR) Bread, Carrots, Apple Sauce, Milk	Macaroni and Cheese, Peas, Mixed Fruit, Milk
PM Snack	Animal Crackers, Grapes, Water	Pretzels, Cheese Sticks, Water	Graham Crackers, Apple Sauce, Water	Yogurt Parfait, Graham Crackers, Milk	Goldfish, Oranges, Water
Date:	24	25	26	27	28
Breakfast	Cereal: Corn Flakes, Banana, Milk	Waffles, Strawberries, Milk	English Muffin (Wheat) w/Jam, Pineapple, Milk	Susage Pancakes, Blueberries, Milk	Cereal: Cherrios, Strawberries, Milk
Lunch	Grilled Cheese on (WGR) Bread, Tomato Soup, Carrots, Milk	Sloppy Joe on Wheat Bun, Green Beans, Apple Slices, Milk	Chicken Nuggets, Corn, Mixed Fruit, Milk	Sunbutter and Jelly on (WGR) Bread, Carrots, Mixed Fruit, Milk	Chicken and Cheese Quesadilla, Broccoli, Pineapple, MilkBBQ
PM Snack	Animal Crackers, Banana, Water	Cheese-Its, Grapes, Water	Corn Bread Muffins, Water	Graham Crackers, Apple Sauce, Water	Pretzels, Cheese Sticks, Water

