



Monthly Menu for February 2024

Menu for Week 1			
Day of the Week	Breakfast	Lunch	Snack
Monday 2/05/24	Corn flakes, Oranges, Milk	"WGR" Breaded Fish Sticks, Potato Wedges, Fruit Salad, Milk	Cheese & Crackers
Tuesday 2/06/24	Bagels w/ Strawberry Cream Cheese, Apples Sauce, Milk	Grilled Cheese On "WGR" Bread, Tomato Soup, Pears, Milk	Oranges, Milk
Wednesday 2/07/24	Life Cereal, Bananas, Milk	Grilled Chicken, "WGR" Bread, Corn, Cantaloupe, Milk	Sun-butter & Crackers
Thursday 2/08/24	Cheerios, Apple Sauce, Milk	Beef Burgers w/ Cheese On "WGR" Bun, Baked Beans, Apples, Milk	Bananas, Milk
Friday 2/09/24	Raisin Bran Cereal, Pears, Milk	Cheese Pizza on "WGR" Crust, Broccoli, Fruit Salad, Milk	"WGR" Cranberry Muffins, Milk

Menu for Week 2			
Day of the Week	Breakfast	Lunch	Snack
Monday 2/12/24	Cheerios, Oranges, Milk	Chicken Teriyaki, "WGR" Brown Rice, Stir Fry Vegetables, Oranges, Milk	Yogurt & Apples
Tuesday 2/13/24	Pancakes w/ Syrup, Apple Sauce, Milk	Beef Tacos on "WGR" Wrap & Hard Shell, Roasted Carrots, Pears, Lettuce, Cheese, Salsa, Milk	Cantaloupe, Milk
Wednesday 2/14/24	Raisin Bran Cereal, Tropical Fruit Salad, Milk	Cod Fish w/ Lemon Garlic Sauce, "WGR" Brown Rice, Roasted Broccoli, Oranges, Milk	Cheese & Crackers
Thursday 2/15/24	Banana Muffins, Apple Sauce, Milk	BBQ Turkey Burgers w/ Cheese On "WGR" Bun, Potato Wedges, Tropical Fruit Salad, Milk	Oranges, Milk
Friday 2/16/24	Cornflakes, Pears, Milk	Grilled Cheese On "WGR" Bread, Tomato Soup, Fruit Salad, Milk	Corn Muffins, Milk

Menu for Week 3

Day of the Week	Breakfast	Lunch	Snack
Monday 2/19/24	CENTER	CLOSED	PRESIDENTS' DAY
Tuesday 2/20/24	Buttermilk Biscuits w/ Jelly, Fruit Salad, Milk	Turkey Tacos on "WGR" Wraps & Hard Shell, Mixed Vegetables, Lettuce, Cheese, Mango, Milk	Pears, Milk
Wednesday 2/21/24	Life Cereal, Oranges, Milk	Baked Haddock w/Lemon Garlic Sauce, "WGR" Brown Rice, Broccoli, Pears, Milk	Sun-butter & Crackers
Thursday 2/22/24	Oatmeal, Raisins, Milk	Beef Meatball Sliders On "WGR" Roll, Carrot Fries, Oranges, Milk	Yogurt & Pears
Friday 2/23/24	Cheerios, Pears, Milk	Baked Mac & Cheese w/ "WGR" Pasta, Green Beans, Fruit Salad, Milk	Corn Muffin, Milk

Menu for Week 4

Day of the Week	Breakfast	Lunch	Snack
Monday 2/26/24	Raisin Bran Cereal, Pears, Milk	Salisbury Steak, Mashed Potatoes, Roasted Corn, "WGR" Bread, Pineapples, Milk	Cheese & Crackers
Tuesday 2/27/24	Cinnamon French Toast Sticks w/Powder Sugar, Apple Sauce, Milk	Grilled Chicken Salad On "WGR" Wrap, Green Beans, Apples, Milk	Banana, Milk
Wednesday 2/28/24	Cheerios, Oranges, Milk	Baked Cod Fish w/ Creamy Parmesan Sauce, "WGR" Bown Rice, Broccoli, Pears, Milk	Apples & Sun-butter
Thursday 2/29/24	Oatmeal, Bananas, Milk	Grilled Turkey Melt w/Cheese & Spinach On "WGR" Bread, Tomato Soup, Oranges, Milk	Pears , Milk
Friday 3/1/24	Corn Flakes, Pears, Milk	Baked Ziti, "WGR" Penne Pasta, Mixed Vegetables, Fruit Salad, Milk	Yogurt w/ Mango

Additional Information

Infant Class Substitution: Apples and Oranges will be replaced with seasonal melon or applesauce. Lettuce will be replaced with mixed vegetables. The infant class will be offered whole grain items for their afternoon snack.

Bread [Enriched or Whole-Grain]: ½ slice Cereal/Pasta [Cooked, Enriched or Whole-Grain] 2 oz.

Organic Milk-Fluid: 12-24 mos.: 4 oz. Whole Milk 24-36 mos. :4 oz. 1% Low-Fat Milk 3-5yr olds: 1% Low Fat

Vegetarian Substitutions: Veggie Burger, Hard Boiled Egg, Pasta Primavera, Grilled Cheese, Egg Salad

