

BREAKFAST

FEBRUARY 2019 Pre-K - 8th Child Nutrition Program

BIC MENU

Monday

4
Maple Pancakes
With Syrup
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

11
Cream Cheese
Filled Bagel Roll
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk



25
Yogurt 4 oz. with Granola
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Tuesday

5
Yogurt 4 oz. with Granola
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

12
Cinnamon Waffles
With Syrup
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

19
Maple Pancakes
With Syrup
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

26
Cinnamon Waffles
With Syrup
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Wednesday

6
Egg Cheese & Omelet Wrap
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

13
Biscuit and Sausage
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

20
Apple Turkey Sausage
Pancake Breakfast Stick
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

27
Blueberry Biscuit
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Thursday

7
French Toast Sticks
With Syrup
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

14
Pop-tart with
Cheese Stick
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

21
Cream Cheese
Filled Bagel Roll
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

28
Cream Cheese
Filled Bagel Roll
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

Friday

1
Assorted Cold Cereal
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

8
Assorted Cold Cereal
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

15
Assorted Cold Cereal
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

22
Assorted Cold Cereal
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

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and at any USDA office, or write a letter addressed to USDA and provide in the letter all the information requested in the form. To receive a copy of the complaint form, call (866) 632-9999. Submit your completed form or letter to USDA

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: usda.nondiscrimination@aphis.usda.gov

This institution is an equal opportunity provider.

Two-1/2 cup fruit options will be offered daily.

Milk is served with every meal.

Choose 1% White Milk or Fat Free White Milk.

Student must take a fruit and/or juice.

ALL GRAIN PRODUCTS ARE WHOLE GRAIN AN

MEET THE GRAIN OUNCE EQUIVALENCY

ALL FOOD ITEMS MEET USDA CACFP AND CNP

NSLP/SBP REQUIREMENTS



LUNCH

FEBRUARY 2019 Pre-K - 8th Child Nutrition Program

HOT LUNCH MENU

Monday

Sandwiches available upon request
Peanut butter available where applicable

4
Kickin' Chicken Smackers with a Baked Bread Stick
Vegetarian Beans, ½ cup
Assorted Fruit, ½ cup
Milk

11
Pork Meatball Sandwich on a Roll
Steamed Carrots, ½ cup
Assorted Fruit, ½ cup
Milk



25
Grilled Cheese Sandwich
Steamed Carrots, ½ cup
Potato Smile Fries, ½ cup
Assorted Fruit, ½ cup
Milk

Tuesday

5
Charbroiled Cheese Burger on Bun
Sliced Tomato & Pickle Chips
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Milk

12
Tasty Chicken Taco w/ cheese on Soft Shell
Black Bean Salad, ½ cup
Roasted Corn, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

19
Oven Roasted Chicken
Brown Rice
Red Kidney Beans, ½ cup
Carrot Coins, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

26
Cowboy Beef Nachos
Shredded Lettuce
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Wednesday

6
Chicken Parmesan on a Bun
Potato Smile Fries, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

13
Beef Sloppy Joe on a Bun
Potato Smile Fries, ½ cup
Assorted Fruit, ½ cup
Milk

20
Mama's Chicken Alfredo
w/ Penne Pasta
Steamed Green Beans, ½ cup
Assorted Fruit, ½ cup
Milk

27
Chicken BBQ Teriyaki with Brown Rice
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Milk

Thursday

Alternative Meal:
(2) 4 oz. Yogurt & Large Muffin served with the daily's 1/2x Vegetable Serving

7
Baked Macaroni & Cheese
Carrot Coins, ½ cup
Steamed Broccoli, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

14
Crispy Mozzarella Sticks
Rotini Pasta & Marinara Sauce
Steamed Zucchini, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

21
Brunch for Lunch
Stuffed Cheese Omelet in a Tortilla Shell
Potato Smile Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

28
Turkey or Turkey Ham & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Friday

1
Homemade Baked Ziti & Cheese
Steamed Green Beans, ½ cup
Fruit Cup, ½ cup
Milk

8
Personal Pan Round Pizza
Celery Sticks/Low Fat Dip, ½ cup
Fruit Cup, ½ cup
Milk

15
Hearty Three Bean Chili with Brown Rice
Carrot Sticks/Low Fat Dip, ½ cup
Fruit Cup, ½ cup
Milk

22
UNO Cheese Pizza
Steamed Broccoli, ½ cup
Crunchy Carrot Sticks, ½ cup
Fruit Cup, ½ cup
Milk

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- (2) fax: (202) 690-7442; or
- (3) email: usda.ascr@aphis.usda.gov

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Available Daily
Peanut Butter or Sun Butter & Sandwich
American Cheese Sandwiches (Mayo/Mustard)
A side salad (1/2 cup of leafy dark green vegetable is offered daily)
3/4 cup Fresh Fruit options will be offered daily
Select a fruit AND/OR vegetable with your sandwich.

Pre-K - 3 Grades: 1% and Fat Free
White Milk Offered Daily
K - 8 Grades: Fat Free Chocolate
Milk also offered Tues and Thu