



Kidz Café February 2016 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 (B) Oatmeal w/Brown Sugar & Cinnamon and Orange Wedges (L) Meat Balls, Mashed Potatoes, Pears, Whole Wheat Bread (S) Graham Crackers, applesauce and water	2 (B) Kix Cereal, peaches (L) Baked Spaghetti w/ HM Meat Sauce, Spinach Salad, Mixed Fruit (S) Apple slices, Soy Butter and Water	3 (B) Cream of Wheat Cereal & mixed melon chunks (L) Shredded BBQ chicken on a whole-wheat bun, green beans, pineapples (S) Oatmeal raisin Cookies and water	4 (B) Banana Slices, Corn Flakes (L) HM Beef & Mixed Vegetable Soup, Corn Bread Squares, Diced Peaches, Cheese Sticks (S) Kidz Mix and Apple Juice	5 (B) Whole Wheat Toast, Diced Pears (L) Baked Fun Fish, Carrots, Orange wedges, Whole Wheat Rolls (S) Wheat Crackers, Mixed Fruit and water
8 (B) Corn Bread Squares, Pineapple Chunks (L) English Muffin Cheese Pizza w/Beef Crumbles, Peas and Diced Mangos (S) Pears, graham crackers and Water	9 (B) Kix Cereal with Banana Slices (L) Baked Chicken Patty with long grain brown rice, Mixed Vegetables, Mixed Fruit (S) Kidz Mix and Grape Juice	10 (B) Corn Chex Cereal with pineapples (L) Tomato Soup, Grilled Cheese Sandwich, Sliced Apples, Yogurt (S) Teddy Grahams and Apple Juice	11 (B) Banana Slices, Cheerios (L) Baked Spaghetti w/ HM Meat Sauce, Broccoli, Peaches, Garlic Bread (S) Pretzels, Soy Butter and water	12 (B) Whole Wheat Butter-milk Biscuits, Fruit cocktail (L) Diced Fajita Chicken and Cheese Quesadillas, Salsa, Sweet Yellow Corn, Diced Pears, Yogurt (S) Valentine's Party 
15 Closed: Presidents Day Staff Development/ Training Day	16 (B) Cheerios, Diced Peaches (L) Turkey & Cheese Sandwich, peas and carrots, Pineapples (S) Graham Crackers, Orange slices and water	17 (B) Pancakes with Pears (L) HM Meat Loaf, Long Grain Brown Rice, Mixed Vegetables, Applesauce (S) Pretzels, String Cheese and water	18 (B) Corn chex cereal with pineapples (L) Chicken Fries, green beans, cinnamon spiced apples (S) Wheat Crackers, Mixed Fruit and Water	19 (B) English Muffins with Apple Sauce (L) Lemon Zest Baked Tilapia, Peas, Pineapple Chunks, Corn Bread Squares (S) Apple Oatmeal Bars and 100% Grape Juice
22 (B) Pancakes w/Butter and Syrup, Peaches (L) Shredded BBQ Chicken on a whole Wheat Bun, Green Salad Mix and Pears (S) Vanilla Yogurt, Vanilla Wafers and Water	23 (B) Corn Chex Cereal, Mixed Fruit (L) HM Meatballs, Green Beans, applesauce, whole wheat rolls (S) Wheat Crackers, Cheddar Cheese and water	24 (B) Whole Wheat Toast, Diced Pears (L) All American Cheese Burger on a whole wheat bun, peas, Applesauce (S) Mini Blueberry Muffins, Diced Peaches and water	25 (B) Kix Cereal with Apple Sauce (L) Soy & Jam Sandwich w/Mixed Veg. and Pineapples, cheese stick, Extra soy butter (S) Graham Crackers and Orange Wedges and water	26 (B) Whole Wheat Butter-milk Biscuits, Diced Pears (L) Beef and Brown Rice Casserole, Green Beans and Pears (S) Wheat Crackers, Cheddar Cheese and water
29 (B) Whole Grain Waffle, Mango Chunks (L) Turkey & Cheese Sandwich, Peas, Applesauce, Whole Wheat Roll (S) Wheat Crackers, Mixed Fruit and Water			(B) Breakfast (L) Lunch (S) Snack (HM) Homemade	Taste the Difference! *Milk is served with Breakfast and lunch. Whole Milk for Children under 2 and 1 % for children over the age of 2. *100 % Juice or water is served with afternoon snack. *Portions meet CACFP requirements for all ages. *Bread Products are whole wheat or whole grain. *Diced Fruits stored in juice (not syrup) *Cereal products contain no more than 6 grams of sugar.

