

# February 2019

## First Congregational Learning Center Menu

Infant Room: All food is served per DCFS guidelines and is cooked then mashed, grated or pureed.

Children under 2 are served whole milk.

Children 2 and older are served 1% milk..

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				Snack: Nutrigrain bar & Milk <b>1</b> Lunch: Turkey & cheese on wheat bread Cucumbers & Carrots Apples Milk Snack: Veggie straws
Snack: Nutrigrain bar & Milk <b>4</b> Lunch: Pancakes Sausage Green Beans Pineapple Milk Snack: Goldfish and Applesauce	Snack: Fruit bread & Milk <b>5</b> Lunch: Meatballs Rice Peas Peaches Snack: Breadsticks w/marinara	Snack: Oatmeal, apples & Milk <b>6</b> Lunch: Cheese pizza Vegetable blend Oranges Milk Snack: Pretzels w/cream cheese	Snack: Graham crackers, fruit & Milk <b>7</b> Lunch: Macaroni & Cheese Broccoli Grapes Milk Snack: Trail mix	Snack: Bagel w, cream cheese <b>8</b> Lunch: Taco Salad: Turkey taco meat Lettuce, tomato, cheese Tortilla chips or flour tortilla Oranges Milk
Snack: Nutrigrain bar & Milk <b>11</b> Lunch: Fish sticks Carrots Grapes Milk Snack: Goldfish & Applesauce	Snack: Cinnamon bread w/cream cheese & Milk <b>12</b> Lunch: Spaghetti Garlic Bread Peas Oranges Milk Snack: Jello & Graham crackers	Snack: Biscuit w/jelly & Milk <b>13</b> Lunch: Turkey Stroganoff Broccoli Bread and Butter Apples Milk Snack: Veggie straws & fruit	Snack: Graham crackers, fruit & Milk <b>14</b> Lunch: Chicken Nuggets Green Beans Pears Milk Snack: String cheese & crackers	Snack: Pizza Dip <b>15</b> Lunch: Stromboli Cucumbers Oranges Milk Snack: Yogurt & Fruit
Snack: Cottage Cheese & Peaches <b>18</b> Lunch: Pancakes Sausage Green Beans Pears Milk Snack: String cheese & crackers	Snack: Cherry crisp & Milk <b>19</b> Lunch: Turkey/cheese nachos/soft taco Corn Apples Milk Snack: Soft pretzels w/queso	Snack: English Muffin w/jelly & Milk <b>20</b> Lunch: Hamburger on a bun Coleslaw Oranges Milk Snack: Veggie straws & fruit	Snack: Graham crackers, fruit & Milk <b>21</b> Lunch: Macaroni & Cheese Broccoli Grapes Milk Snack: Trail mix	Snack: Bagel w/cream cheese <b>22</b> Lunch: Cheesy Chicken Quesadilla Corn Grapes Milk Snack: Goldfish & Applesauce
Snack: Goldfish & Applesauce <b>25</b> Lunch: Grilled Cheese /Tomato Soup Peas Grapes Milk Snack: Trail Mix	Snack: Fruit bread & Milk <b>26</b> Lunch: Chicken Parmesan Buttered Noodles Green Beans Pineapple Milk Snack: Pretzel sticks & yogurt	Snack: Nutrigrain bar & Milk <b>27</b> Lunch: BBQ Turkey Cups Cucumbers Peaches Milk Snack: Chips & Salsa	Snack: Graham crackers, fruit & Milk <b>28</b> Lunch: Fish Sticks Coleslaw Pears Milk Snack: String cheese & crackers	