

February 2020

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 Lunch: Pancakes Sausage Green Beans Pineapple Milk Snack: Breadsticks w/marinara | Snack: Fruit bread & Milk Lunch: Meatballs Rice Peas Peaches Snack: Goldfish & Applesauce | Snack: Oatmeal, apples & Milk Lunch: Cheese pizza Vegetable blend Oranges Milk Snack: Pretzels w/cream cheese | Snack: Graham crackers, fruit & Milk Lunch: Macaroni & Cheese Broccoli Grapes Milk Snack: Trail mix | Snack: Bagel w, cream cheese Lunch: Taco Salad: Turkey taco meat Lettuce, Tomato, cheese Tortilla chips or flour tortilla Oranges Milk Snack: Veggie straws & fruit |
| Snack: Nutrigrain bar & Milk Lunch: Fish sticks Carrots Grapes Milk Snack: Goldfish & Applesauce | Snack: Cinnamon bread w/cream cheese & Milk Lunch: Spaghetti Garlic Bread Peas Apples Milk Snack: Jello & Graham crackers | Snack: Graham Crackers & Fruit Lunch: Stromboli Cucumbers Oranges Milk Snack: String cheese & crackers | Snack: Yogurt & Fruit Lunch: Chicken Nuggets Green Beans Pears Milk Snack: Pizza Dip | Snack: Biscuit w/jelly & Milk Lunch: Smoked Turkey Sausage Egg noodles Sauté cabbage Pineapple Milk Snack: Veggie straws & fruit |
| Snack: Oyster Crackers & Peaches Lunch: French toast Sticks Sausage Green Beans Pears Milk Snack: String cheese & crackers | Snack: Fruit bread & Milk Lunch: Turkey/cheese nachos/soft taco Corn Apples Milk Snack: Soft pretzels w/queso | Snack: English Muffin w/jelly & Milk Lunch: Hamburger on a bun Coleslaw Oranges Milk Snack: Veggie straws & fruit | Snack: Graham crackers, fruit & Milk Lunch: Macaroni & Cheese Peas Grapes Milk Snack: Trail mix | Snack: Bagel w/cream cheese Lunch: Baked Potato w/sides Broccoli Peaches Milk Snack: Goldfish & Applesauce |
| Snack: Goldfish & Applesauce Lunch: Grilled Cheese /Tomato Soup Peas Peaches Milk Snack: Trail Mix | Snack: Fruit bread & Milk Lunch: Chicken Parmesan Buttered Noodles Green Beans Pineapple Milk Snack: Pretzel sticks & yogurt | Snack: Nutrigrain bar & Milk Lunch: BBQ Turkey cups Cucumbers Oranges Milk Snack: Chips & Salsa | Snack: Graham crackers, fruit & Milk Lunch: Fish Sticks Broccoli Pears Milk Snack: String cheese & crackers | Snack: Yogurt & Granola Lunch: Turkey & cheese on wheat bread Cucumbers & Carrots Apples Milk Snack: Veggie straws & Fruit |