- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>1-2 age</th>
<th>3-5 age</th>
<th>6-12 age</th>
<th>Monday February 1</th>
<th>Tuesday February 2</th>
<th>Wednesday February 3</th>
<th>Thursday February 4</th>
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<td>Milk</td>
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<tr>
<td>Fruit Vegetable</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>Mixed Berries</td>
<td>Orange Slices</td>
<td>Apple Slices</td>
<td>Mango</td>
<td>Bananas</td>
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<tr>
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<td>½ s or ½ serving (1/2 oz)</td>
<td>½ s or ½ serving (1/2 oz)</td>
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<td>Kix Cereal</td>
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<td></td>
<td>Cream Cheese</td>
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<td>½ cup</td>
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<td>Pears</td>
<td>Mixed Fruit</td>
<td>Peaches</td>
<td>Mandarin Oranges</td>
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<tr>
<td>Meat/ alternative</td>
<td>1 oz</td>
<td>1 ½ oz</td>
<td>2 oz</td>
<td>Turkey Burger</td>
<td>Diced Chicken and Cream of Potato</td>
<td>Cheese Ravioli with Tomato sauce and Mozzarella Cheese</td>
<td>Ground Turkey and Brown Rice Bake (Ground turkey, kidney beans, black beans, tomato sauce, salsa, brown rice) HM</td>
<td>Tuna Salad (tuna, light mayo, dill)</td>
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<td>½ s or ½ serving (1/2 oz)</td>
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<td>Whole Wheat Hamburger Bun</td>
<td>Whole Wheat Biscuit</td>
<td>Cheese Ravioli</td>
<td>Brown Rice</td>
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<td>Ketchup</td>
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<td>Fluid</td>
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<td>Orange Juice</td>
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<td>½ cup</td>
<td>¾ cup</td>
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<td>½ s or ½ serving (1/2 oz)</td>
<td>1 s or 1 serving (1 oz)</td>
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<td>Pretzels (infants/Tods-whole wheat breadstick)</td>
<td>Wheat Crackers and Mild Cheddar Cheese Slices</td>
<td>Graham Crackers and LF Vanilla Yogurt</td>
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Revised January 2021
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<td>½ cup</td>
<td>½ cup</td>
<td>Peaches</td>
<td>Blueberries</td>
<td>Apple Slices</td>
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<td>Bananas</td>
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<td>Whole Grain Croissant</td>
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<td>¼ cup</td>
<td>Diced Tomatoes</td>
<td>Yams</td>
<td>Peas</td>
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<td>¼ cup</td>
<td>Mixed Fruit</td>
<td>Orange Slices</td>
<td>Pineapple Pears</td>
<td>Mango</td>
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<tr>
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<td>2 oz</td>
<td>Grilled Cheese (Whole Wheat Bread, Cheddar Cheese)</td>
<td>Turkey Meatballs with Turkey Gravy</td>
<td>Sweet and Sour Chicken (diced chicken, broccoli, sweet and sour sauce)</td>
<td>English Muffin Pizzas (Tomato Sauce, English Muffin, Mozzarella Cheese)</td>
<td>Chicken Salad (Diced chicken, Light Mayo, Dill)</td>
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<td>Whole Wheat Bread</td>
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<td>Brown Rice (school age-whole grain biscuit)</td>
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<td>Water</td>
<td>Apple Juice</td>
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<td>Pineapple-Orange Juice</td>
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<td>¼ cup</td>
<td>¼ cup</td>
<td>Apple Slices and Cheddar Cheese Cubes</td>
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<td>Whole Wheat Bagels w/ veggie cream cheese</td>
<td>Whole Wheat Pita and Red Pepper Hummus (garbanzo beans, tahini, lemon, peppers, garlic, olive oil)</td>
<td>Whole Wheat Crackers</td>
<td>Townhouse Crackers and Mozzarella Cheese Sticks</td>
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# Early Learning Center
**Month: February 2021**

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<td>½ cup</td>
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<td>Blueberries</td>
<td>Applesauce</td>
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<td>Whole Grain Waffle Sticks</td>
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<td>½ cup</td>
<td>Broccoli</td>
<td>Diced Carrots</td>
<td>Squash</td>
<td>Diced Potatoes (Potatoes, Oregano, Olive oil)</td>
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<td>Pineapple</td>
<td>Pears</td>
<td>Peaches</td>
<td>Bananas</td>
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<td>Scrambled Eggs</td>
<td>Chicken Lo Mein (Chicken, Reduced Sodium Soy Sauce, Broccoli)</td>
<td>Tuna Noodle Casserole (Tuna, Cream of Mushroom, Whole Wheat Penne)</td>
<td>BBQ Diced Chicken (diced chicken, bbq sauce, ketchup)</td>
<td>Chicken Noodle Soup (Diced Chicken, Chicken Broth, Whole Grain Macaroni, Carrots) (HM)</td>
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<td>Graham Crackers (infants-Cheerios)</td>
<td>Baked Soft Pretzels</td>
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<td>½ cup</td>
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<td>Bananas</td>
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<td>Zucchini</td>
<td>Lettuce</td>
<td>Peas, Carrots, Potatoes</td>
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<td>¼ cup</td>
<td>Peaches</td>
<td>Apple Slices</td>
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<td>Orange Slices</td>
<td>Peaches</td>
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<tr>
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<td>1 ½ oz</td>
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<td>Baked Fish with Parmesan Bread Crumbs</td>
<td>Scrambled Egg and Cheddar Cheese Wrap</td>
<td>Tuna Salad (tuna, light mayo, dill)</td>
<td>Beef Stew (diced beef, tomato sauce, beef broth, peas, potatoes, carrots)</td>
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