

ALLSTATE LITTLE HANDS MENU

FEBRUARY 5 - FEBRUARY 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Scrambled Eggs* Wheat Toast Peaches 2% Milk*</p> <p>Substitutes: (EGG) String Cheese*</p> <p>Infants: String Cheese*</p>	<p>Hot Oatmeal Turkey Sausage* Roasted Apples 2% Milk*</p> <p>Substitutes: (VEG) Veggie Sausage**</p> <p>Infants: Roasted Apples</p>	<p>Waffle** Maple Syrup Mandarin Oranges 2% Milk*</p> <p>Substitutes: (EGG) Wheat Toast & Jelly (DAIRY) Wheat Toast with Jelly</p> <p>Infants: Mandarin Oranges</p>	<p>Egg , Cheese and Veggie Sausage Taquito** Cantaloupe 2% Milk*</p> <p>Substitutes: (EGG) Cheese Taquito* (DAIRY) Egg Taquito*</p> <p>Infants: Cantaloupe</p>	<p>Biscuits* Turkey Sausage* Bananas 2% Milk*</p> <p>Substitutes: (VEG) Veggie Sausage** (DAIRY): English Muffin with Scrambled Egg*</p>
LUNCH	<p>Turkey Burger Fresh Broccoli Pear Slices 2% Milk*</p> <p>Substitutes: (VEG) Veggie Burger*</p> <p>Infants: Broccoli</p>	<p>Beef Taco with Lettuce, Tomato & Cheese* Spanish Rice 2% Milk*</p> <p>Substitutes: (VEG) Refried Bean Taco* (DAIRY) Taco without Cheese</p> <p>Infants: Cauliflower</p>	<p>Baked Chicken Brown Rice Green Peas 2% Milk*</p> <p>Substitutes: (VEG) Roasted Herb Tofu</p> <p>Infants: Green Peas</p>	<p>Turkey & Cheese Sandwich* Vegetable Soup Mashed Sweet Potatoes 2% Milk*</p> <p>Substitutes: (VEG) Cheese Sandwich* (DAIRY) Turkey Sandwich</p> <p>Infants: Sweet Potatoes</p>	<p>Cheese Pizza Bagel* Cauliflower Honeydew 2% Milk*</p> <p>Substitutes: (DAIRY) Bagel Pizza without Cheese</p> <p>Infants: Cauliflower</p>
SNACK	<p>Low-Fat Vanilla Yogurt* Strawberries & Bananas Water</p> <p>Substitutes: (DAIRY) Granola</p> <p>Infants: Bananas</p>	<p>Morning Glory Muffin** Pineapple Chunks Water</p> <p>(EGG) English Muffin with Jelly (DAIRY) English Muffin with Jelly</p> <p>Infants: Applesauce</p>	<p>Carrot Sticks Hummus Water</p> <p>Infants: Carrot Coins</p>	<p>Strawberry Smoothie* Graham Crackers Water</p> <p>(DAIRY) Strawberries</p> <p>Infants: Strawberries</p>	<p>Goldfish Crackers* Turkey Slice Water</p> <p>Substitutes: (VEG) String Cheese* (DAIRY) Pretzels</p> <p>Infants: String Cheese</p>

DIETARY RESTRICTIONS:

- Vegetarian
- Egg Allergy
- Dairy Allergy
- Sesame Allergy

ALLSTATE LITTLE HANDS MENU

FEBRUARY 12 - FEBRUARY 16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Veggie Frittata* Mandarin Oranges 2% Milk*</p> <p>Substitutes: (EGG) Roasted Veggies with Potatoes & Cheese*</p> <p>Infants: Mandarin Oranges</p>	<p>Cheerios Turkey Sausage* Bananas 2% Milk*</p> <p>Substitutes: (VEG) Veggie Sausage**</p> <p>Infants: Bananas</p>	<p>Blueberry Multigrain Pancake** Pineapple Chunks 2% Milk*</p> <p>Substitutes: (EGG) Turkey Slice & Wheat Toast</p> <p>Infants: Applesauce</p>	<p>Egg & Cheese on English Muffin** Pear Slice 2% Milk*</p> <p>Substitutes: (EGG) Cheese on English Muffin* (DAIRY) Egg on English Muffin*</p> <p>Infants: Pear Slice</p>	<p>Wheat Bagel with Cream Cheese* Peaches 2% Milk*</p> <p>Substitutes: (DAIRY) Wheat Bagel with Hummus</p> <p>Infants: Peaches</p>
LUNCH	<p>Orange Chicken Stir-fry Brown Rice Fresh Broccoli Watermelon 2% Milk*</p> <p>Substitutes: (VEG) Veggie Stir-fry</p> <p>Infants: Fresh Broccoli</p>	<p>Chicken Taco with Lettuce, Tomato & Cheese* Fresh Carrot Coins 2% Milk*</p> <p>Substitutes: (VEG) Veggie Taco (DAIRY) Taco without Cheese</p> <p>Infants: Fresh Carrot Coins</p>	<p>Oven-roasted Turkey Mashed Sweet Potatoes Fresh Green Beans 2% Milk*</p> <p>Substitutes: (VEG) Roasted Herb Tofu</p> <p>Infants: Fresh Green Beans</p>	<p>Grilled Cheese Sandwich* Vegan Creamy Tomato Soup Honeydew 2% Milk*</p> <p>Substitutes: (DAIRY) Turkey Sandwich</p> <p>Infants: Honeydew</p>	<p>Mac and Cheese* Roasted Vegetables Pineapple Chunks 2% Milk*</p> <p>Substitutes: (DAIRY) Noodles with Marinara</p> <p>Infants: Applesauce</p>
SNACK	<p>Cheddar Cheese Cubes* Saltine Crackers Water</p> <p>(DAIRY) Hummus</p> <p>Infants: Carrot Coins</p>	<p>Apples Sliced Peaches Water</p> <p>Infants: Peaches</p>	<p>Carrot Sticks Soft Pretzel Water</p> <p>Infants: Plain Sweet Potatoes</p>	<p>Pineapple Tidbits Graham Crackers Water</p> <p>Infants: Fresh Carrot Coins</p>	<p>Corn Chex Cereal Orange Juice Water</p> <p>Infants: String Cheese</p>

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ALLSTATE LITTLE HANDS MENU

FEBRUARY 19 - FEBRUARY 23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Spinach Scrambled Eggs Wheat Toast Honeydew 2% Milk</p> <p>Substitutes: (EGG) Deli Ham & String Cheese</p> <p>Infants: String Cheese</p>	<p>Hot Oatmeal Bananas 2% Milk</p> <p>Infants: Cream of Wheat</p>	<p>French Toast Sticks Maple Syrup Peaches 2% Milk</p> <p>Substitutes: (EGG) TBD</p> <p>Infants: Peaches</p>	<p>Egg & Cheese Taquito Pear Slice 2% Milk</p> <p>Substitutes: (EGG) TBD (DAIRY) TBD</p> <p>Infants: Pear Slice</p>	<p>English Muffin & Grape Jelly Mandarin Oranges 2% Milk</p> <p>Infants: Mandarin Oranges</p>
LUNCH	<p>Hot Roast Beef Sandwich with Cheese Cauliflower 2% Milk</p> <p>Substitutes: (DAIRY) Roast Beef Sandwich (VEG) Cheese Sandwich</p> <p>Infants: Cauliflower</p>	<p>Refried Bean Taco with Lettuce, Tomato & Cheese Spanish Rice 2% Milk</p> <p>Substitutes: (DAIRY) Taco without Cheese</p> <p>Infants: Mandarin Oranges</p>	<p>Baked Chicken on Whole Wheat Roll BBQ Sauce Green Peas Honeydew 2% Milk</p> <p>Substitutes: (VEG) Roasted Herb Tofu</p> <p>Infants: Green Peas</p>	<p>Vegan Chili Cornbread Roasted Apples 2% Milk</p> <p>Substitutes: (EGG) (DAIRY) Whole Wheat Roll</p> <p>Infants: Roasted Apples</p>	<p>Grilled Chicken Breast Fresh Broccoli Cantaloupe 2% Milk</p> <p>Substitutes: (VEG) Roasted Herb Tofu</p> <p>Infants: Fresh Broccoli</p>
SNACK	<p>Cottage Cheese Mandarin Oranges Water</p> <p>Substitutes: (DAIRY) TBD</p> <p>Infants: Mandarin Oranges</p>	<p>Mini Bagel Cream Cheese Water</p> <p>Infants: Unsweetened Applesauce</p>	<p>Vanilla Wafers Cantaloupe Water</p> <p>Infants: Cottage Cheese</p>	<p>Low-Fat Vanilla Yogurt Watermelon Water</p> <p>Substitutes: (DAIRY) TBD</p> <p>Infants: Watermelon</p>	<p>Carrot Stick Ranch Dressing Apple Juice</p> <p>Substitutes: (EGG) (DAIRY) Hummus with Carrot Sticks</p> <p>Infants: Fresh Carrot Coins</p>

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ALLSTATE LITTLE HANDS MENU

FEBRUARY 26 - MARCH 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Mexican Egg Scramble Peaches 2% Milk</p> <p>Substitutes: (EGG) Potato & Veggie Scramble</p> <p>Infants: Peaches</p>	<p>Cream of Wheat Turkey Sausage Pear Slice 2% Milk</p> <p>Substitutes: (VEG) Veggie Sausage**</p>	<p>Multigrain Pancakes (VEG) Veggie Sausage** Strawberries & Bananas 2% Milk</p> <p>Substitutes: (VEG) Cheese & Wheat Toast</p> <p>Infants: Bananas</p>	<p>Sausage & Cheese Biscuit Honeydew 2% Milk</p> <p>Substitutes: (VEG) Veggie Sausage Biscuit (DAIRY) Sausage Biscuit</p> <p>Infants: Unsweetened Applesauce</p>	<p>Iced Cinnamon Roll Ham Slice Mandarin Oranges 2% Milk</p> <p>Substitutes: (VEG) Veggie Sausage</p> <p>Infants: Mandarin Oranges</p>
LUNCH	<p>Cheeseburger Fresh Green Beans Cantaloupe 2% Milk</p> <p>Substitutes: (DAIRY) (VEG) Pizza Bagel without Cheese</p> <p>Infants: Fresh Green Beans</p>	<p>Baked Fish Taco with Lettuce, Tomato & Cheese Honeydew 2% Milk</p> <p>Substitutes: (VEG) Refried Bean Taco</p> <p>Infants: Honeydew</p>	<p>Cheesy Baked Pasta Fresh Carrot Coins Unsweetened Applesauce 2% Milk</p> <p>Substitutes: (DAIRY) Baked Pasta without Cheese</p> <p>Infants: Fresh Carrot Coins</p>	<p>Grilled Cheese Sandwich Vegetable Soup Mandarin Oranges 2% Milk</p> <p>Infants: Roasted Apples</p>	<p>Turkey Burger Mashed Sweet Potatoes Unsweetened Applesauce 2% Milk</p> <p>Substitutes: (VEG) Veggie Burger</p> <p>Infants: Unsweetened Applesauce</p>
SNACK	<p>Dairy-free Green Smoothie Water</p> <p>Infants: Dairy-free Green Smoothie</p>	<p>Strawberry Banana Yogurt Water</p> <p>(DAIRY) Strawberries and Bananas with Granola</p> <p>Infants: Fresh Zucchini</p>	<p>Celery Stick Goldfish Crackers Water</p> <p>Infants: Unsweetened Applesauce</p>	<p>Cheddar Cheese Cubes Turkey Slice Water</p> <p>Substitutes: (DAIRY) Cheerios</p> <p>Infants: String Cheese</p>	<p>Blueberry Smoothie Water</p> <p>Substitutes: (DAIRY) Cheerios</p> <p>Infants: Fresh Carrot Coins</p>

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