

# FOOD2YOU - DINING MENU

January, February & March 2018

| WEEK 1           | 1/1 1/29 2/26 3/26   | 1/2 1/30 2/27 3/27   | 1/3 1/31 2/28 3/28  | 1/4 2/1 3/1 3/29  | 1/5 2/2 3/2 3/30  |
|------------------|--|--|---|---|---|
|                  | <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
| <b>Breakfast</b> | Toasted Oats<br>Fresh Bananas<br>Organic Milk  | Whole Grain Pancakes<br>w/ Pear Puree<br>Turkey Sausage<br>Fresh Pineapple <sup>1</sup><br>Organic Milk                | Scrambled Eggs<br>Wheat Biscuits<br>Fresh Bananas<br>Organic Milk         | Wheat Bagels<br>w/ Cream Cheese<br>Turkey Bacon<br>Fresh Oranges <sup>1</sup><br>Organic Milk               | Apple Muffins<br>Fresh Honeydew<br>Organic Milk                                 |
| <b>Lunch</b>     | Chicken Parmesan<br>Whole Grain Pasta<br>Green Beans<br>Ciabatta Bread<br>Fresh Oranges <sup>2</sup> | Turkey Picadillo<br>Flour Tortillas<br>Cheddar Cheese<br>Spanish Rice<br>Cauliflower<br>Fresh Apples <sup>2</sup>      | Red Beans & Rice<br>Grilled Chicken<br>Peas & Carrots<br>Fresh Cantaloupe | Turkey Chili<br>Grilled Flatbread<br>Steamed Carrots<br>Fresh Pineapple <sup>1</sup>                        | Cheese Pizza<br>6 Veggie Blend<br>Fresh Fruit Salad                             |
| <b>Snack</b>     | String Cheese<br>Ritz Crackers<br>Water  | Mediterranean Hummus<br>Whole Wheat Pita<br>Organic Milk   | Graham Squares<br>Fresh Pears<br>Water                                    | Baked Cherry Sticks<br>Fresh Apples <sup>2</sup><br>Water   | Kids Mix<br>Fresh Bananas<br>Water  |
| WEEK 2           | 1/8 2/5 3/5  | 1/9 2/6 3/6  | 1/10 2/7 3/7  | 1/11 2/8 3/8  | 1/12 2/9 3/9  |
|                  | <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
| <b>Breakfast</b> | Corn Flakes<br>Fresh Bananas<br>Organic Milk   | English Muffins<br>Turkey Bacon<br>Fresh Pineapple <sup>1</sup><br>Organic Milk  | Sausage & Cheese<br>Biscuit Sandwiches<br>Fresh Bananas<br>Organic Milk   | Whole Grain Waffles<br>w/ Applesauce<br>Turkey Bacon<br>Fresh Oranges <sup>1</sup><br>Organic Milk          | Orange<br>Blossom Muffins<br>Fresh Cantaloupe<br>Organic Milk                   |
| <b>Lunch</b>     | Chicken Alfredo<br>Whole Grain Pasta<br>Green Beans<br>Ciabatta Bread<br>Fresh Oranges <sup>2</sup>  | Chicken Potato Verde<br>Flour Tortillas<br>Shredded Cheese<br>Spanish Rice<br>Cauliflower<br>Fresh Apples <sup>2</sup> | Sloppy Joes<br>Whole Grain Buns<br>Peas & Carrots<br>Fresh Honeydew       | Salisbury Steak<br>Mashed Potatoes<br>Steamed Carrots<br>Fresh Pineapple <sup>1</sup>                       | Potato Chicken &<br>Cheese Casserole<br>6 Veggie Blend<br>Fresh Fruit Salad     |
| <b>Snack</b>     | Saltines<br>String Cheese<br>Water   | Graham Squares<br>Fresh Pears<br>Water   | Housemade<br>Blueberry Snack Bread<br>Organic Milk                        | Cheddar-Apple<br>Wheat Quesadillas<br>Fresh Pears   | Housemade Granola<br>Fresh Bananas<br>Water                                     |
| WEEK 3           | 1/15 2/12 3/12   | 1/16 2/13 3/13   | 1/17 2/14 3/14  | 1/18 2/15 3/15  | 1/19 2/16 3/16  |
|                  | <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
| <b>Breakfast</b> | Rice Krispies<br>Fresh Bananas<br>Organic Milk   | Whole Grain Pancakes<br>w/ Pear Puree<br>Turkey Sausage<br>Fresh Pineapple <sup>1</sup><br>Organic Milk                | Scrambled Eggs<br>Hash Browns<br>Fresh Bananas<br>Organic Milk            | Biscuits & Applesauce<br>Turkey Bacon<br>Fresh Oranges <sup>1</sup><br>Organic Milk                         | Lemon Poppy Muffins<br>Fresh Honeydew<br>Organic Milk                           |
| <b>Lunch</b>     | Cheese Tortellini<br>Marinara Sauce<br>Green Beans<br>Ciabatta Bread<br>Fresh Oranges <sup>2</sup>   | Turkey Chili<br>Grilled Flatbread<br>Cauliflower<br>Fresh Apples <sup>2</sup>  | Barbeque Chicken<br>Herbed Potatoes<br>Peas & Carrots<br>Fresh Cantaloupe | Mac N' Cheese<br>Steamed Carrots<br>Fresh Pineapple <sup>1</sup>  | Chicken Non-Fried<br>Brown Rice<br>6 Veggie Blend<br>Fresh Fruit Salad          |
| <b>Snack</b>     | Ritz Crackers<br>String Cheese<br>Water  | Crispy Ranch Rounds<br>Fresh Pears<br>Water  | Kids Mix<br>Fresh Apples <sup>2</sup><br>Water                            | Baked Apple Sticks<br>Fresh Pears<br>Water  | Graham Squares<br>Fresh Bananas<br>Water  |
| WEEK 4           | 1/22 2/19 3/19   | 1/23 2/20 3/20   | 1/24 2/21 3/21  | 1/25 2/22 3/22  | 1/26 2/23 3/23  |
|                  | <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
| <b>Breakfast</b> | Toasted Oats<br>Fresh Bananas<br>Organic Milk  | Whole Grain Waffles<br>w/ Pear Puree<br>Turkey Bacon<br>Fresh Pineapple <sup>1</sup><br>Organic Milk                   | Homemade Granola<br>Vanilla Yogurt<br>Fresh Bananas<br>Organic Milk       | Wheat Biscuits<br>Turkey Sausage<br>Fresh Oranges <sup>1</sup><br>Organic Milk                              | Blueberry Muffins<br>Fresh Cantaloupe<br>Organic Milk                           |
| <b>Lunch</b>     | Baked Penne<br>Turkey Meat Sauce<br>Green Beans<br>Ciabatta Bread<br>Fresh Oranges <sup>2</sup>      | Asian Chicken<br>Brown Rice<br>Cauliflower<br>Fresh Apples <sup>2</sup>  | Roasted Turkey<br>Mashed Potatoes<br>Peas & Carrots<br>Fresh Honeydew     | Chicken Strips<br>Parmesan Cheese<br>Whole Grain Noodles<br>Steamed Carrots<br>Fresh Pineapple <sup>1</sup> | Wheat Grilled Cheese<br>Roasted Potatoes<br>6 Veggie Blend<br>Fresh Fruit Salad |
| <b>Snack</b>     | Saltines<br>String Cheese<br>Water   | Pretzel Baguette Slices<br>Cheddar Cheese Sauce<br>Fresh Pears   | Housemade<br>Apple Spice Bread<br>Organic Milk                            | Graham Squares<br>Fresh Apples <sup>2</sup>   | Housemade Granola<br>Fresh Bananas<br>Water                                     |

*Whole milk offered to children under 2 years and 1% milk for children over 2 years - water available to children at all times - 1 - Bananas, 2 - Applesauce, 3 - Pear Puree*

**\*\* OUR CENTER SERVES 100% USDA CERTIFIED ORGANIC MILK \*\***  
**This menu has been reviewed by Betsy Sejud, MHA, RD, LDN**



Food2You Maplewood, Inc. v1.1