

Winter Menu February 3rd-7th



| Key V= Vegetarian ND= Non-Dairy ***=Vegan | Monday 02/03 | Tuesday 02/04 | Wednesday 02/05 | Thursday 02/06 National Fro-Yo Day | Friday 02/07 Parents Night Out |
|---|--|---|--|--|---|
| Morning Snack <i>Water is served w/ every Morning Snack</i> | Cereal w/ Milk & Strawberries ND-No Milk | Bagel w/ *Spiced Pear Cream Cheese F.O.D. ND-Pear Jam | *Cranberry Raisin Cream of Wheat Orange Slices *** | *Bacon(Turkey), Swiss, & Apple Quiche Mixed Fruit V-No Bacon ND-Scrambled Eggs | *Banana French Toast Casserole Mixed Berries ND-Cinnamon Raisin Toast |
| Lunch <i>Milk is served w/ every Lunch</i> | Cheese Pizza Roasted Zucchini Apple Sauce ND-Bagel Pizza | *Santa Fe Chicken Wrap Black Beans Pineapple <i>(see description)</i> V-Veggie Burger Wrap | *Chicken Noodle Soup Garlic Bread Sticks Mandarin Oranges V-Vegetable Soup | *Cauliflower Mac & Cheese Roasted Root Vegetables Peaches ND-Pasta w/ Marinara | Chicken Nuggets *Pineapple BBQ Mixed Veggies Pears V-Veggie Nuggets |
| Afternoon Snack <i>Water is served w/ every Afternoon Snack</i> | Cheese Stick & Animal Crackers ND-Fruit | *Cinnamon Pita Points & F.O.D. Smoothie ND-Pretzels & No Yogurt | Cereal Bar & Banana ND-Granola | *Frozen Yogurt Bark & Vanilla Wafers ND-Fruit Sorbet | Graham Crackers w/ Sun Butter Apple Slices *** |

*Please note the "House-Made" items & F.O.D./V.O.D.(Fruit/Veggie of Day & Menu Changes will be posted by Check-in computer) on this week's Menu. All ingredients are listed below. If you have questions or concerns regarding any of these ingredients or any other items on the menu, feel free to contact me at: SharonLHostlerKitchen@gmail.com or call the center (ext. 1020) **THANKS! Ms. Stephanie**

Spiced Pear Cream Cheese-Cream Cheese, Pears, Apples Juice, Brown Sugar, Orange Zest, & Spices
Cranberry Raisin Cream of Wheat-Farina, Water, Salt, Cranberries, Raisins, Brown Sugar, & Cinnamon
Bacon, Swiss, & Apple Quiche-Eggs, Turkey Bacon, Swiss Cheese, Apples, Milk, & Spices (Frozen Pie Shell)
French Toast Casserole-Wheat Bread, Cinnamon Raisin Bread, Eggs, Milk, Cream Cheese, Banana, Vanilla & Spices
Santa Fe Chicken Wrap-Whole Wheat Tortilla, Chicken, Avocado, Corn Salsa, & Greens
Chicken Noodle Soup-Chicken, Vegetable Stock, Pasta(No egg), Onion, Celery, Carrot, Green Beans, Peas, EVOO, & Spices
Cauliflower Mac & Cheese-Macaroni, Cauliflower, Milk, Cheddar, Parmesan, Flour, Butter, Bread Crumbs, & Spices
Pineapple BBQ-Ketchup, Pineapple, Cider Vinegar, Mustard, Maple Syrup, & Spices
Cinnamon Pita Point-Pita Bread, Clarified Butter, & Cinnamon Sugar Sprinkle
Frozen Yogurt Bark-Greek & Vanilla Yogurt, Mixed Berries, Pomegranate Seeds, Agave Nectar, & Granola