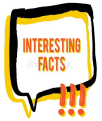
February 2021 Menu - Updated 1.25.21



Good winter foods for kids from the Academy of Nutrition & Dietetics:

Salmon - high in Omega-3 fatty acids and amino acids (building blocks of protein)..

Clementines - packed with Vitamin C and fiber.

Winter squash like butternut, acorn or spaghetti are naturally sweet and rich in vitamin A, fiber and carotenoids.

Sweet Potatoes - full of Vitamin A, potasium and fiber can be roasted, substituted for french fries and can be used as puree in sauces to increase nutrients in a dish.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Important Notes
1	**2**	**3**	**4**	**5**	
Turkey Sloppy Joe on Whole Wheat Bun **Veggie Sloppy Joe on a Whole Wheat Bun** Carrots Honeydew ***School Aged Snack: Pudding Cup*** Milk	**Herb Chicken with Gravy** **Veggie Meatballs with Vegetarian Gravy** Mashed Sweet Potatoes Spinach with Ranch Mango ***School Aged Snack: Pretzels*** Milk	**Spaghetti with Beef Bolognese Sauce** **Spaghetti with Tomato Basil Marinara Sauce** Zucchini Cran Apple Sauce ***School Aged Snack: Cheesy Garlic Bread*** Milk	**Cheese Quesadillas** **Cheese Quesadillas** Peas Cantaloupe ***School Aged Snack: Jello Cup*** Milk	**Veggie Lasagna** **Veggie Lasagna** Broccoli Pineapple ***School Aged Snack: Cookie*** Milk	**Green squares indicate daily vegetarian entrée.** **Our produce is >75% locally sourced**
8	**9**	**10**	**11**	**12**	
Turkey Chili Mac & Cheese **Veggie Crumble Mac & Cheese** Green Beans Mango ***School Aged Snack: Cookie*** Milk	**Chicken Tenders** **Veggie Patty w/Cheese** Zucchini with Ranch Cantaloupe ***School Aged Snack: Whole Grain Goldfish*** Milk	**French Toast Sticks with Strawberry Sauce** **French Toast Sticks w/Strawberry Sauce & Veggie Patty** Turkey Sausage Carrots Pineapple ***School Aged Snack: String Cheese*** Milk	**Grilled Cheese Sandwich** **Grilled Cheese** Tomato Soup Honeydew ***School Aged Snack: Pudding Cup*** Milk	**Baked Ziti Pasta with Marinara Sauce** **Baked Ziti Pasta with Marinara Sauce** Cucumber with Ranch Applesauce ***School Aged Snack: Chex Mix*** Milk	**Toddlers will be served whole milk 2's and above will be served 1% milk**
15	16	17	18	19	
Chicken Pasta Alfredo **Pasta Alfredo** Peas Mango ***School Aged Snack: Jello Cup*** Milk	**Cheese Quesadillas** **Cheese Quesadillas** Spinach with Ranch Pineapple ***School Aged Snack: Pudding Cup*** Milk	**Brown Rice Stir Fry with Chicken** **Veg Brown Rice Stir Fry with Tofu** Bok Choy Cantaloupe ***School Aged Snack: Rice Krispies Treat*** Milk	**Cheese Ravioli with Tomato Basil Marinara** **Cheese Ravioli with Tomato Basil Marinara** Cauliflower Honeydew ***School Aged Snack: Pretzels*** Milk	**Turkey Sliders** **Veggie Sliders** Yellow Squash with Ranch Applesauce ***School Aged Snack: Chex Mix*** Milk	***Soy milk is available upon request*** **Amgen Dining Commitment:** Poultry without routine use of human antibiotics & sourcing rBGH-free milk & yogurt.
22	**23**	**24**	**25**	**26**	
Mac & Cheese with Chicken **Mac & Cheese with Veggie Meatballs** Green Beans Mango ***School Aged Snack: Cookie*** Milk	**Turkey Burger Patty** **Veggie Patty** Rice Pilaf Carrots Honeydew ***School Aged Snack: Cinnamon Graham Crackers*** Milk	**Whole Grain Strawberry Pancakes** **Whole Grain Strawberry Pancakes with Veggie Patty** Turkey Sausage Cucumber Applesauce ***School Aged Snack: String Cheese*** Milk	**Turkey Sloppy Joe on Bun** **Veggie Sloppy Joe** Whole Wheat Thin Yellow Squash Cantaloupe ***School Aged Snack: Whole Grain Goldfish*** Milk	**Cheese Pizza** **Cheese Pizza** Spinach with Ranch Pineapple ***School Aged Snack: Pudding Cup*** Milk	***In the event you determine that your child(ren) is or may be allergic to any menu item, please notify Bright Horizons immediately, both via phone and in writing, at South House x76793 #2. Parents are responsible for providing alternative menu items for their child(ren).**

Menu is subject to change without notice based on food availability.

*** This menu satisfies the USDA Child Care Food Program guidelines. Please review this menu carefully and determine whether your child(ren) may be allergic to any menu item ("Allergen"). If you believe your child(ren) may be allergic to any item on this menu, or if you would like additional information regarding the ingredients of any menu item, please contact the Camp Amgen front office x71634. Upon your request, you will receive a complete list of ingredients for each menu item requested.**