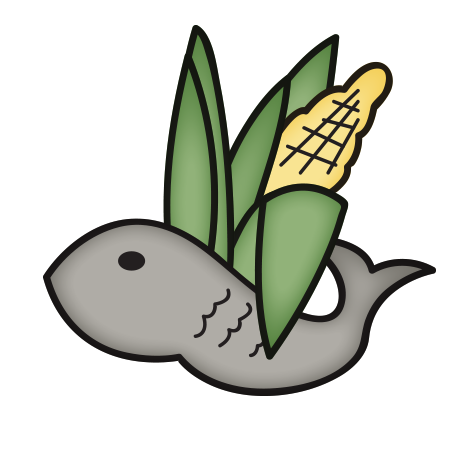
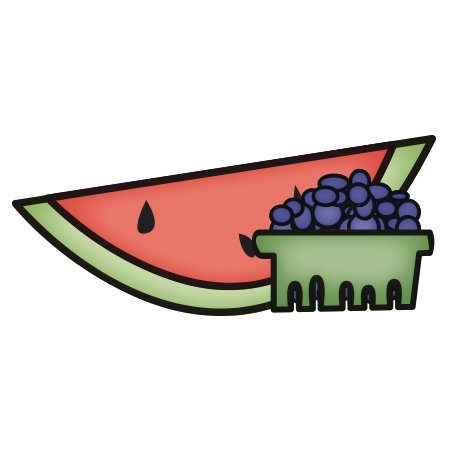


February 2020

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **February 3-7** | **3**  **Cheese Quesadilla**  **Salsa**  **Pineapple Tidbits** | **4**  **Chicken Nuggets w/Sweet & Sour Sauce**  **Cinnamon Mashed Sweet Potatoes**  **Diced Pears** | **5**  **Hamburger Patty & Whole Grain Bun**  **Sweet Yellow Corn**  **Applesauce** | **6**  **Italian Dipper Pierogies**  **Marinara Cup**  **BBQ Baked Beans Fresh Mandarins** | **7**  **Deli Sandwich**  **Buttered Green Beans**  **Diced Pears** |
| **February 10-14** | **10**  **Cheese Pizza**  **Broccoli & Cheese**  **Pineapple Tidbits** | **11**  **Mini Twin Cheeseburgers**  **Potato Emojis**  **Diced Pears** | **12**  **Wowich**  **Cheesy Seasoned Cauliflower**  **Applesauce** | **13**  **Cherry Blossom Chicken and Veggie Fried Rice**  **Seasoned Edamame**  **Fresh Mandarins** | **14**  **Toasted Cheese**  **Sweet Potato Waffle Fries**  **Diced Pears** |
| **February 17-21** | **17**  **C:\Users\Procare\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\12K909UI\image-150nw-737328760[1].jpg**  **Small Wonders Closed** | **18**  **Chicken & Waffles**  **Cinnamon Mashed Sweet Potatoes**  **Diced Pears** | **19**  **Hamburger Patty & Whole Grain Bun**  **BBQ Baked Beans**  **Applesauce** | **20**  **Walking Taco**  **Reduced Fat Tostito’s**  **Sweet Yellow Corn**  **Fresh Mandarins** | **21**  **Deli Sandwich**  **Buttered Green Beans**  **Diced Pears** |
| **February 24-28** | **24**  **Breaded Ravioli**  **Marinara Cup**  **Sweet Yellow Corn**  **Pineapple Tidbits** | **25**  **Salisbury Steak & Gravy with Mashed Potatoes**  **Dinner Roll**  **Diced Pears** | **26**  **Cheese Pizza**  **Cucumber Moons**  **Applesauce** | **27**  **Toasted Cheese**  **Seasoned Broccoli**  **Fresh Mandarins** | **28**  **Wowich**  **Sweet Potato Fries**  **Diced Pears** |

February 2020 Snack Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **Menu items are subject to change without notification** | **Whole Grain Soft Pretzel & Milk** | **Whole Grain Mini Muffin Loaf & Applesauce** | **Yogurt & Fresh Fruit** | **Whole Grain Granola Bar & Milk** | **String Cheese & Honey Graham Crackers** |



Small Wonders has additional options daily for snack such as:

* Yogurt
* Fresh Fruit
* Cheerios, Rice Chex, Corn Chex, Rice Krispies
* Nutrigrain Bars
* Sun Butter and Pita Bread

**Child Nutrition**

All weekly menus meet the following guidelines based on the USDA nutrition standards for 2015:

* Acceptable calorie range for the age group
* All grains served are whole grains
* <10% of calories from saturated fat
* National sodium guidelines
* Five sub-groups of vegetables offered
* Choices of fruit and vegetables offered daily