

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