

| FFS   |  | FEBRUARY 2020   |  |   | LK PORTIONS |
|---|--|---|--|---|-------------|
| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |             |
| <b>FEBRUARY 3</b><br>CHICKEN SLIDER ON A BUN, 1 EA<br>FANCY SHRED CHEDDAR CHEESE,<br>1/2 OZ<br>W/ NO HFC KETCHUP<br>STEAMED GREEN BEANS, 1/4 C<br>MIXED PEACHES & PEARS IN JUICE,<br>3/8 C  | <b>FEBRUARY 4</b><br>CHICKEN TENDERS, GLUTEN FREE,<br>3 EA<br>W/ NO HFC KETCHUP<br>BRN WHL GRAIN RICE, 1/4 C<br>BABY CARROTS W/RANCH DIP, 1/4 C<br>FRESH APPLE SLICES, 3/8 EA<br><b>TODS AND TWOS</b><br>CARROT COINS / APPLESAUCE   | <b>FEBRUARY 5</b><br>SALISBURY STEAK W/ GRAVY, 1 EA<br>SAVORY MASHED POTATOES, 1/4 C<br>WHEAT DINNER ROLL, 1 EA<br>PINEAPPLE TIDBITS IN JUICE, 3/8 C<br><b>TODS AND TWOS</b><br>DICED PEACHES IN JUICE                                | <b>FEBRUARY 6</b><br>WHL GRAIN SPAGHETTI W/ BEEF &<br>TURKEY MEAT MARINARA, 1/2 C<br>PARMESAN CHEESE, 1/2 OZ<br>TOSSED SALAD W/ MIXED GREENS,<br>CREAMY RANCH DRESSING, 1/4 C<br>FRESH BANANA, 1/2 EA<br><b>TODS AND TWOS</b><br>SWEET TENDER PEAS | <b>FEBRUARY 7</b><br>NAE BREADED CHICKEN BREAST<br>CHUNKS, 3 EA<br>NO HFC KETCHUP<br>WHEAT DINNER ROLL, 1 EA<br>PEAS/CARROT/GREEN<br>BEANS/CORN/LIMA BEANS, 1/4 C<br>ORANGE WEDGES, 2 PCS<br><b>TODS AND TWOS</b><br>PEAS/CARROT/GREEN BEANS<br>MANDARIN ORANGES                  |             |
| <b>FEBRUARY 10</b><br>OVEN BAKED CHICKEN BREAST<br>PATTY SANDWICH, 1 EA<br>WHEAT HAMBURGER ROLL W/ NO<br>HFC KETCHUP, 1 EA<br>SWEET TENDER PEAS, 1/4 C<br>ALL NATURAL APPLESAUCE, 3/8 C   | <b>FEBRUARY 11</b><br>CREAMY MACARONI & CHEESE ,<br>1/2 C<br>100% WHOLE GRAIN BREAD, 1/2 EA<br>BABY CARROTS, BROCCOLI<br>W/CREAMY RANCH DIP, 1/4 C<br>FRESH BANANA, 1/2 EA<br><b>TODS AND TWOS</b><br>PEAS/CARROT/GREEN BEANS  | <b>FEBRUARY 12</b><br>MEXICAN BEEF NACHO FIESTA, 1/4 C<br>W/ SHRED CHEDDAR CHEESE, 1/2 OZ<br>CORN TORTILLA CHIPS, 1/4 C<br>SWEET YELLOW CORN, 1/4 C<br>DICED PEARS IN JUICE, 3/8 C<br><b>TODS AND TWOS</b><br>ROLL / CARROT COINS     | <b>FEBRUARY 13</b><br>ITALIAN BEEF MEATBALL SUB, 3 EA<br>SUB ROLL, 1/2 EA<br>SHRED MOZZARELLA CHEESE,<br>1/2 OZ<br>GREEN BEANS, 1/4 C<br>FRESH APPLE, 3/8 C<br><b>TODS AND TWOS</b><br>CHILLED APPLE SAUCE   | <b>FEBRUARY 14</b><br>BREAKFAST LUNCH !<br>DANIMALS VANILLA YOGURT, 1 EA<br>WG BUTTERMILK PANCAKES W/ NO<br>HFC SYRUP, 1 EA<br>CHICKEN SAUSAGE PATTY, 1 EA<br>BABY CARROTS W/RANCH DIP, 1/4 C<br>ORANGE WEDGES, 2 PCS<br><b>TODS AND TWOS</b><br>MANDARIN ORANGES<br>CARROT COINS |             |
| <del> <b>FEBRUARY 17</b><br/>           ROASTED TERIYAKI CHICKEN<br/>           STRIPS, 3 EA<br/>           BRN WHL GRAIN RICE, 1/4 C<br/>           BABY CARROTS W/RANCH DIP, 1/4 C<br/>           MIXED PEACHES &amp; PEARS IN JUICE,<br/>           3/8 C<br/> <b>TODS AND TWOS</b><br/>           CARROT COINS         </del> | <b>FEBRUARY 18</b><br>LEAN BEEF HAMBURGER PATTY,<br>1 EA<br>WHEAT HAMBURGER ROLL, 1 EA<br>W/ NO HFC KETCHUP<br>SWEET YELLOW CORN, 1/4 C<br>FRESH BANANA, 1/2 EA  | <b>FEBRUARY 19</b><br>TURKEY CORN DOG NUGGETS, 4 EA<br>W/ NO HFC KETCHUP<br>TOSSED SALAD W/ MIXED GREENS,<br>CREAMY RANCH DRESSING, 1/4 C<br>ORANGE WEDGES, 2 PCS<br><b>TODS AND TWOS</b><br>MANDARIN ORANGES<br>SWEET TENDER PEAS    | <b>FEBRUARY 20</b><br>CHICKEN FAJITAS, NAE, 1/3 C<br>LO-FAT SHREDDED CHEDDAR ,<br>1/2 OZ<br>WHOLE WHEAT 6" TORTILLA, 1 EA<br>GREEN BEANS, 1/4 C<br>FRESH APPLE, 3/8 C<br><b>TODS AND TWOS</b><br>CHILLED APPLE SAUCE                               | <b>FEBRUARY 21</b><br>**BAKED ZITI** MEATLESS CONTAINS<br>SOY<br>ITALIAN RED SAUCE<br>W/ THREE CHEESES, 1/2 C<br>PEAS/CARROTS/GREEN BEAN/<br>CORN/LIMA BEANS, 1/4 C<br>ITALIAN BREAD, 1 PCS<br>DICED PEACHES IN JUICE, 3/8 C  |             |
| <b>FEBRUARY 24</b><br>BEEF MEATBALLS & GRAVY, 3 EA<br>WHOLE GRAIN RICE, 1/4 C<br>BABY CARROTS W/RANCH DIP, 1/4 C<br>ALL NATURAL APPLESAUCE<br><b>TODS AND TWOS</b><br>SWEET TENDER PEAS   | <b>FEBRUARY 25</b><br>PIZZA PASTA BAKE<br>BEEF CRUMBLES, CHICKEN&BEEF<br>PEPPERONI, TOMATO SAUCE,<br>PASTA, 1/2 C<br>SHRED MOZZARELLA CHEESE,<br>1/2 OZ<br>TOSSED SALAD W/ MIXED GREENS,<br>CREAMY RANCH DRESSING, 1/4 C<br>FRESH BANANA, 1/2 EA<br><b>TODS AND TWOS</b><br>CARROT COINS | <b>FEBRUARY 26</b><br>NAE WHOLE GRAIN CHICKEN<br>NUGGETS W/ NO HFC KETCHUP,<br>4 EA<br>CAESAR SALAD W/ ROMAINE<br>DRESSING & PARMESAN, 1/4 C<br>FRESH ORANGE WEDGES, 2 PCS<br><b>TODS AND TWOS</b><br>GREEN BEANS<br>MANDARIN ORANGES | <b>FEBRUARY 27</b><br>CHEESEBURGER MEATLOAF, 1 EA<br>WHEAT DINNER ROLL, 1 EA<br>SWEET YELLOW CORN, 1/4 C<br>FRESH APPLE, 3/8 C<br><b>TODS AND TWOS</b><br>ALL NATURAL APPLESAUCE   | <b>FEBRUARY 28</b><br>GRILLED CHICKEN BREAST FILET,<br>NAE, 1 EA<br>WHEAT HAMBURGER ROLL, 1 EA<br>NO HFC KETCHUP<br>SWEET TENDER PEAS, 1/4 C<br>MANDARIN ORANGES, 3/8 C   |             |

Portions meet CACFP requirements for 3 to 5 year olds. All alternates discussed on an individual basis as needed.  
 Specializing in Day Care and School Lunch Programs and Business and Office Luncheons  
 6 oz milk required with each meal