Wirtzie's
preschool & child care

February 2016

1 Salisbury Steak French Bread Peas and Carrots Peaches AM Snack-Corn Flakes, Milk PM Animal Crackers, Grape Juice	2 Macaroni and Cheese with Chicken Carrots Mixed Fruit Cup AM Snack-Pears, Milk PM Snack-Sliced Turkey with Wheat Bread	3 Cheese Pizza Sliced Cucumbers Pineapple AM Snack-Orange Bread, Milk PM Snack-Sliced Cheese and Crackers	4 Cheese Tortellini with HM Meat sauce Italian Zucchini Sliced Pears AM Snack-Banana, Milk PM Snack-Carrots and Celery, Pita Bread	5 Sloppy Joes Green Beans Whole Wheat Bun Watermelon AM Snack-Wheat Toast, Milk PM Snack- Tortilla Chips, Tomato Salsa, Orange Wedge
8 Scrambled Eggs with Cheese Steamed Broccoli Waffle Tropical Fruit Salad AM Snack-Wheat Toast, Milk PM Snack-Orange Wedges, Ritz Cracker	9 Hot Dog Enriched Bun Garden Salad with tomatoes and Cucumber Fruit Cocktail in fruit juice AM Snack-Graham Cracker, Milk PM Snack-String Cheese, Pears	10 Bean and Cheese Burrito Green peas Apple Sauce AM Snack-Blueberry Bread, Milk PM Snack-Apricots, Low –Fat Yogurt	11 Chicken Nuggets Pretzel Bread Stick Carrots Fresh Melon AM Snack-Peaches, Milk PM Snack-Pretzels, Grape Juice	12 Grilled Cheese Wheat Bread Sliced Tomatoes Mandarin oranges AM Snack-Corn Flakes, Milk PM Snack-Cottage Cheese, Pineapple
15 **President's Day**	16 French Bread Pizza Carrots Fresh Pineapple AM Snack-Applesauce, Milk PM Snack-Soft Pretzel with Cheese Sauce	17 Turkey Sandwich Wheat Bread Lettuce and Tomato Mandarin Oranges AM Snack-Rice Chex, Milk PM Snack-Carrots, Goldfish Cracker	18 Ground Beef and Bean Soft Tacos Green peas flour Tortilla Spiced Pears AM Snack-Banana, Milk PM Snack-Egg Salad, Cracker Salad Wafer	19 Fish Nuggets Broccoli Cheese Biscuit Mixed Melon AM Snack-English Muffin, Milk PM Snack-Low-Fat Yogurt, Fruit
22 Beef Hamburger Lettuce and Tomato Whole Wheat Bun Sliced Pears AM Snack-Wheat Toast, Milk PM Snack-Orange Wedges, Ritz Cracker	23 BBQ Chicken Breast Wheat Roll Corn Kernels Applesauce AM Snack-Graham Cracker, Milk PM Snack-String Cheese, Pears	24 Turkey Corndog California Blend Vegetable Sliced Peaches AM Snack-Cranberry Bread, Milk PM Snack-Whole Wheat English Muffin, White American Cheese	25 Cheeseburger Macaroni Steamed Carrots Watermelon AM Snack-Mixed Fruit, Milk PM Snack-Pretzels, Grape Juice	26 Turkey Bologna Wheat Bread Lettuce and Tomato Pineapple AM Snack-Corn Flakes, Milk PM Snack-Tortilla Chips, Tomato Salsa, Orange Wedge
29 Salisbury Steak French Bread Peas and Carrots Peaches AM Snack-Corn Flakes, Milk PM Animal Crackers, Grape Juice				

This institution is an equal opportunity provider and employer. *Water and 1% Milk is offered with all meals. *Mixed Fruit Cup is Fresh Pineapple, Honeydew and Cantaloupe. All Juice is 100% Fruit Juice
Approved By: Kim Garcia, RD 7-23-14