

Feb. 10—14, 2020



**Skip-a-Long**  
CHILD DEVELOPMENT SERVICES

	BREAKFAST	LUNCH	SNACK
MONDAY	Multigrain cheerios cereal <b>WG</b> Banana <b>F</b> Milk <b>D</b>	BBQ pork on a bun Tater tots Orange <b>F</b> Milk <b>D</b>	Ritz crackers Cheese sticks <b>D</b> Water
TUESDAY	Bagel w/cr. Cheese <b>D</b> Sl. pineapple Milk <b>D</b>	Goulash w/gr. Beef (mac <b>WG</b> sp. Sauce & gr. Beef) Green beans Sl. apples Milk <b>D</b>	Strawberry chex <b>WG &amp; —</b> <b>2</b> Chocolate chex <b>WG</b> Milk <b>D</b>
WEDNESDAY	French toast sticks <b>WG</b> w/ syrup Mandarin oranges & pineapple chunks Milk <b>D</b>	Chicken Fajitas Sl. beets Tortilla Apple Milk <b>D</b>	Corn chips <b>WG</b> Saltine crackers <b>—</b> <b>2</b> Milk <b>D</b>
THURSDAY	Egg & cheese omelet <b>ED</b> Apple rings Milk <b>D</b>	Meat loaf on a bun Country trio Veg. Diced pears Milk <b>D</b>	Wheat crackers <b>WG</b> w/cr. Cheese <b>D</b> Milk <b>D</b>
FRIDAY	Strawberry muffin Applesauce Milk <b>D</b>	Hot dog <b>P</b> on a bun Lunchmeat <b>—</b> Chips <b>2</b> Carrot sticks <b>V</b> (cooked <b>—</b> & raw) Sl. Pinnapple <b>2</b> Milk <b>D</b>	Cherry vanilla yogurt <b>D</b> Graham crackers <b>WG</b> Keebler gripz <b>—</b> <b>2</b> Water

# Feb. 17-21, 2020



# Skip-a-Long

CHILD DEVELOPMENT SERVICES

	BREAKFAST	LUNCH	SNACK
MONDAY	Waffle <b>WG</b> w/syrup Apple rings Milk <b>D</b>	Chicken strips <b>WG</b> Green beans Mandarin oranges Milk <b>D</b>	Cheese Nips Milk <b>D</b>
TUESDAY	Blueberry bagel <b>WG</b> w/cr. Cheese <b>D</b> Sl. pineapple Milk <b>D</b>	Pork pattie <b>WG</b> Corn Diced pears Milk <b>D</b>	Animal crackers Milk <b>D</b>
WEDNESDAY	Croissants, biscuits <b>WG</b> break- fast pizza <b>WG</b> Sl. peaches Milk <b>D</b>	Turkey burger on a bun Sl. beets Apple <b>F</b> Milk <b>D</b>	Cheese sticks <b>D</b> Saltine crackers Water
THURSDAY	English muffin w/jelly Orange <b>F</b> Milk <b>D</b>	Fish sticks <b>F</b> w/tarter sauce Peas Applesauce Milk <b>D</b>	Blueberry yogurt <b>D</b> Graham crackers <b>WG</b>
FRIDAY	Banana nut muffin <b>N</b> Strawberry muffins <b>—</b> <b>2</b>  Sl. apples Milk <b>D</b>	Corn dog <b>P</b> Chicken or Meal Loaf <b>--</b> <b>2</b>  Carrot sticks <b>F</b> w/dip <b>D</b> Pear <b>F</b> Milk <b>D</b>	Bug bites <b>WG</b> Milk <b>D</b>

D-Dairy V-Vegetarian E-Eggs N-Nuts  
F-Fresh P-Pork 2-Children under 2

Milk: Whole & 1% , Soy or Lactose

Meat Substitution: Turkey, peanut butter  
or cheese

# Feb. 24-28, 2020



# Skip-a-Long

CHILD DEVELOPMENT SERVICES

	BREAKFAST	LUNCH	SNACK
MONDAY	Asst. Cereal (multigrain cheerios <b>WG</b> , Cinnamon chex <b>WG</b> Banana <b>F</b> Milk <b>D</b>	Chicken & Noodle Casserole (Chicken, noodles <b>WG</b> , cr. Soup) Green beans Mandarin oranges & pineapple chunks Milk <b>D</b>	Ritz crackers Sl. cheese <b>D</b> Water
TUESDAY	Pancakes <b>WG</b> , waffles <b>WG</b> , French toast sticks <b>WG</b> w/syrup Sl. apples Milk <b>D</b>	Scrambled eggs <b>E</b> Sausage patties Sl. tomato <b>F</b> Sl. beets — Tropical fruit <b>1</b> English muffin w/butter <b>D</b> Milk <b>D</b>	Blueberry bread <b>WG</b> Banana Choc. Chip bread <b>WG</b> Milk <b>D</b>
WEDNESDAY	Corn muffin <b>WG</b> Orange <b>F</b> Milk <b>D</b>	Chicken pattie on a bun Sl. beets Pear <b>P</b> Milk <b>D</b> Chips—cheese puffs — <b>2</b>	Sl. ham lunchmeat <b>P</b> Wheat crackers <b>WG</b> Water
THURSDAY	Oatmeal cereal <b>WG</b> Toast — <b>1</b> Diced peaches Milk <b>D</b>	Taco meat w/cheese Sh. Lettuce <b>F</b> & tomato Peas — <b>3</b> Tortilla Diced pears Milk <b>D</b>	Goldfish crackers <b>WG &amp; D</b> Milk <b>D</b>
FRIDAY	Apple cinnamon muffin Sl. pineapple Milk <b>D</b>	Beef & bean burrito <b>WG</b> Carrot sticks <b>F</b> w/dip <b>D</b> Cooked carrots — <b>2</b> Apple rings Milk <b>D</b>	Strawberry yogurt <b>D</b> Graham crackers <b>WG</b> Keebler grips <b>WG</b> Water