February 2020 CLC Infant Menu Early Head Start, Head Start, Child Development, School Readiness, Board of Education Breakfast, Lunch and Snack Menu (11 months - 2 Years Old)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Feb	4-Feb		6-Feb	7-Feb
BREAKFAST		BREAKFAST	BREAKFAST	BREAKFAST
1/2 Cup Whole Grain Cheerios	Whole Wheat Mini Bagel & Cream Cheese	Whole Grain English Muffin with Jelly		Whole Grain Breakfast Biscuit & Jelly
1/4 Cup Chilled Applesauce	1/4 Cup Chilled Pineapple	1/4 Cup Chilled Mixed Fruit	1/4 Cup Chilled Pears	1/4 Cup Chilled Applesauce
Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Refried Bean Quesadilla with Cheese	Beef Meatloaf with Gravy & a	Turkey Meat Sauce & Mozzarella with		Cheeseburger with Ketchup on a
Soft Whole Wheat Tortilla	Whole Wheat Dinner Roll	1/4 Cup Whole Wheat Elbow Pasta	1/4 Cup Steamed Brown Rice	Whole Wheat Hamburger Bun
1/8 Cup Corn & Pepper Salsa	1/8 Cup Scalloped Potatoes	1/4 Cup Tossed Spinach Blend Salad		1/8 Cup Roasted Garbanzo Beans
1/8 Cup Chilled Peaches	1/8 Cup Fresh Clementine	1/8 Cup Chilled Peaches	1/8 Cup Chilled Applesauce	1/8 Cup Mandarin Oranges
Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
SNACK	SNACK	SNACK	SNACK	SNACK
1/4 Cup Fruit Flavored Yogurt	Whole Grain Goldfish Crackers	1/2 Cup Mandarin Oranges	1/2 Cup Cantaloupe	1/4 Cup Fruit Flavored Yogurt
Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
10-Feb	11-Feb		13-Feb	14-Feb
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1/2 Cup Whole Grain Cheerios	Whole Wheat Mini Bagel & Cream Cheese		1/2 Cup Whole Grain, Low-Sugar Kix	Whole Grain Breakfast Biscuit & Jelly
1/4 Cup Chilled Applesauce	1/4 Cup Chilled Pineapple	1/4 Cup Chilled Mixed Fruit	1/4 Cup Chilled Pears	1/4 Cup Chilled Applesauce
Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Vegetarian Chili served with	Chicken Salad Sandwich served on	Chicken Meatballs w Parmesan &	Turkey A La King served with	Popcorn Chicken with Ketchup & a
1/4 Cup Steamed Brown Rice	Whole Wheat Bread	1/4 Cup Whole Wheat Spaghetti	1/4 Cup Steamed Brown Rice	Whole Wheat Dinner Roll
				1/8 Cup Peas & Carrots
1/8 Cup Mixed Veggies in Chili 1/8 Cup Chilled Peaches	1/2 Cup Veg Soup - incl 1/4 cup veg 1/8 Cup Fresh Clementine	1/4 Cup Broccoli & Cauliflower 1/8 Cup Banana	1/8 Cup Peas, Carrots, & Potatoes 1/8 Cup Chilled Applesauce	1/8 Cup Peas & Carrots 1/8 Cup Mandarin Oranges
Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	SNACK			SNACK
SNACK		SNACK	SNACK	
1/4 Cup Fruit Flavored Yogurt	Whole Grain Goldfish Crackers	1/2 Cup Mandarin Oranges	1/2 Cup Honeydew Melon	1/4 Cup Fruit Flavored Yogurt
Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
17-Feb				
	BREAKFAST	BREAKFAST Whole Grain Fruit Flavored Muffin	BREAKFAST	BREAKFAST Whole Grain Breakfast Biscuit & Jelly
Describe of the Descri			1/2 Cup Whole Grain Rice Krispies	
President's Day	1/4 Cup Chilled Pineapple	1/4 Cup Chilled Mixed Fruit	1/4 Cup Chilled Pears	1/4 Cup Chilled Applesauce
	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	LUNCH	LUNCH	LUNCH	LUNCH
	Chicken Parmesan Sandwich served o		Beef Taco with Cheese on a	Asian Chicken Stir-Fry with
	Whole Wheat Hamburger Bun	Whole Wheat Dinner Roll	Soft Whole Wheat Tortilla	1/4 Cup Steamed Brown Rice
	4/4 O To a cod O code o O clad	4/0 O Ot		
	1/4 Cup Tossed Garden Salad	1/8 Cup Steamed Butternut Squash	1/8 Cup Golden Corn	1/8 Cup Stir-Fry Oriental Vegetables
PRESIDENT'S DRY	1/8 Cup Chilled Pears	1/8 Cup Banana	1/8 Cup Golden Corn 1/8 Cup Chilled Applesauce	1/8 Cup Stir-Fry Oriental Vegetables 1/8 Cup Mandarin Oranges
Shutterstock - 737328760	1/8 Cup Chilled Pears Unflavored Milk	1/8 Cup Banana Unflavored Milk	1/8 Cup Golden Corn 1/8 Cup Chilled Applesauce Unflavored Milk	1/8 Cup Stir-Fry Oriental Vegetables 1/8 Cup Mandarin Oranges Unflavored Milk
	1/8 Cup Chilled Pears Unflavored Milk SNACK	1/8 Cup Banana Unflavored Milk SNACK	1/8 Cup Golden Corn 1/8 Cup Chilled Applesauce Unflavored Milk SNACK	1/8 Cup Stir-Fry Oriental Vegetables 1/8 Cup Mandarin Oranges Unflavored Milk SNACK
shutterstock - 737328760	1/8 Cup Chilled Pears Unflavored Milk SNACK Whole Grain Goldfish Crackers	1/8 Cup Banana Unflavored Milk SNACK 1/2 Cup Mandarin Oranges	1/8 Cup Golden Corn 1/8 Cup Chilled Applesauce Unflavored Milk SNACK 1/2 Cup Cantaloupe	1/8 Cup Stir-Fry Oriental Vegetables 1/8 Cup Mandarin Oranges Unflavored Milk SNACK 1/4 Cup Fruit Flavored Yogurt
CLC Closed	1/8 Cup Chilled Pears Unflavored Milk SNACK Whole Grain Goldfish Crackers Unflavored Milk	1/8 Cup Banana Unflavored Milk SNACK 1/2 Cup Mandarin Oranges Unflavored Milk	1/8 Cup Golden Corn 1/8 Cup Chilled Applesauce Unflavored Milk SNACK 1/2 Cup Cantaloupe Unflavored Milk	1/8 Cup Stir-Fry Oriental Vegetables 1/8 Cup Mandarin Oranges Unflavored Milk SNACK 1/4 Cup Fruit Flavored Yogurt Unflavored Milk
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Cooked vegetables and canned fruit will be served to infants, toddlers, and special needs children as is developmentally necessary.

Children age 1 are served 1/2 cup whole milk. Children age 2 are served 1/2 cup 1% milk. Children 3 to 5 years are served 3/4 cup of 1% milk. Childcare Learning Centers of Fairfield County serves a pork, nut, and peanut free menu. All food is prepared by our partner, Lindley Food Service, at our local William Pitt commissary kitchen.