



February 2020 CLC Preschool Menu
Early Head Start, Head Start, Child Development, School Readiness, Board of Education
Breakfast, Lunch and Snack Menu (3-5 Years Old)

MONDAY 3-Feb	TUESDAY 4-Feb	WEDNESDAY 5-Feb	THURSDAY 6-Feb	FRIDAY 7-Feb
BREAKFAST 1/2 Cup Whole Grain Cheerios 1/2 Cup Chilled Applesauce Unflavored Milk LUNCH Refried Bean Quesadilla with Cheese Soft Whole Wheat Tortilla 1/4 Cup Corn & Pepper Salsa 1/4 Cup Chilled Peaches Unflavored Milk SNACK 1/4 Cup Fruit Flavored Yogurt Unflavored Milk	BREAKFAST Whole Wheat Mini Bagel & Cream Cheese 1/2 Cup Chilled Pineapple Unflavored Milk LUNCH Beef Meatloaf with Gravy & a Whole Wheat Dinner Roll 1/4 Cup Scalloped Potatoes 1/4 Cup Fresh Clementine Unflavored Milk SNACK Whole Grain Goldfish Crackers Unflavored Milk	BREAKFAST Whole Grain Fruit Flavored Muffin 1/2 Cup Chilled Mixed Fruit Unflavored Milk LUNCH Turkey Meat Sauce & Mozzarella with 1/4 Cup Whole Wheat Elbow Pasta 1/2 Cup Tossed Spinach Blend Salad 1/4 Cup Banana Unflavored Milk SNACK 1/2 Cup Fresh Orange Smiles Unflavored Milk	BREAKFAST 1/2 Cup Whole Grain Rice Krispies 1/2 Cup Fresh Pear Unflavored Milk LUNCH Mild Curry Chicken served with 1/4 Cup Steamed Brown Rice 1/4 Cup Marinated Cooked Carrots 1/4 Cup Honeydew Melon Unflavored Milk SNACK Scooby-Doo Cinnamon Snacks Unflavored Milk	BREAKFAST Whole Grain Breakfast Biscuit & Jelly 1/2 Cup Fresh Apple Unflavored Milk LUNCH Cheeseburger with Ketchup on a Whole Wheat Hamburger Bun 1/4 Cup Roasted Garbanzo Beans 1/4 Cup Fresh Orange Smiles Unflavored Milk SNACK 1/4 Cup Fruit Flavored Yogurt Unflavored Milk
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
BREAKFAST 1/2 Cup Whole Grain Cornflakes 1/2 Cup Chilled Applesauce Unflavored Milk LUNCH Vegetarian Chili served with 1/4 Cup Steamed Brown Rice 1/4 Cup Mixed Veggies in Chili 1/4 Cup Fresh Orange Smiles Unflavored Milk SNACK 1/4 Cup Fruit Flavored Yogurt Unflavored Milk	BREAKFAST Whole Wheat Mini Bagel & Cream Cheese 1/2 Cup Chilled Pineapple Unflavored Milk LUNCH Chicken Salad Sandwich served on Whole Wheat Bread 1/2 Cup Veg Soup - incl 1/4 cup veg 1/4 Cup Fresh Apple Unflavored Milk SNACK Whole Grain Animal Crackers Unflavored Milk	BREAKFAST Whole Grain Fruit Flavored Muffin 1/2 Cup Fresh Mango & Pineapple Unflavored Milk LUNCH Chicken Meatballs w Parmesan Cheese 1/4 Cup Whole Wheat Spaghetti 1/4 Cup Broccoli & Cauliflower 1/4 Cup Banana Unflavored Milk SNACK 1/2 Cup Melon Unflavored Milk	BREAKFAST 1/2 Cup Whole Grain Kix 1/2 Cup Fresh Clementine Unflavored Milk LUNCH Turkey A La King served with 1/4 Cup Steamed Brown Rice 1/4 Cup Peas, Carrots, & Potatoes in Sauce 1/4 Cup Cantaloupe Unflavored Milk SNACK 1/2 Cup Cucumber Slices w/ Dressing Unflavored Milk	BREAKFAST Whole Grain Breakfast Biscuit & Jelly 1/2 Cup Fresh Apple Unflavored Milk LUNCH Popcorn Chicken with Ketchup and a Whole Wheat Dinner Roll 1/4 Cup Peas & Carrots 1/4 Cup Fresh Orange Smiles Unflavored Milk SNACK 1/4 Cup Fruit Flavored Yogurt Unflavored Milk
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
 <p align="center">CLC Closed PRESIDENT'S DAY shutterstock 737328760 President's Day</p>	BREAKFAST Whole Wheat Mini Bagel & Cream Cheese 1/2 Cup Chilled Pineapple Unflavored Milk LUNCH Chicken Parmesan Sandwich on a Whole Wheat Hamburger Bun 1/2 Cup Tossed Garden Salad 1/4 Cup Fresh Clementine Unflavored Milk SNACK Whole Grain Goldfish Crackers Unflavored Milk	BREAKFAST Whole Grain Fruit Flavored Muffin 1/2 Cup Chilled Mixed Fruit Unflavored Milk LUNCH Roast Turkey & Gravy served with a Whole Wheat Dinner Roll 1/4 Cup Steamed Butternut Squash 1/4 Cup Banana Unflavored Milk SNACK 1/2 Cup Fresh Orange Smiles Unflavored Milk	BREAKFAST 1/2 Cup Whole Grain Rice Krispies 1/2 Cup Fresh Pear Unflavored Milk LUNCH Beef Taco with Lettuce, Tomato, & Cheese on a Hard Taco Shell 1/4 Cup Golden Corn 1/4 Cup Honeydew Melon Unflavored Milk SNACK Scooby-Doo Cinnamon Snacks Unflavored Milk	BREAKFAST Whole Grain Breakfast Biscuit & Jelly 1/2 Cup Fresh Apple Unflavored Milk LUNCH Asian Chicken Stir-Fry with 1/4 Cup Steamed Brown Rice 1/4 Cup Stir-Fry Oriental Vegetables 1/4 Cup Fresh Orange Smiles Unflavored Milk SNACK 1/4 Cup Fruit Flavored Yogurt Unflavored Milk
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
BREAKFAST 1/2 Cup Whole Grain Cheerios 1/2 Cup Chilled Applesauce Unflavored Milk LUNCH Baked Ziti with Cheese served with a Whole Wheat Dinner Roll 1/4 Cup Lemon Broccoli 1/4 Cup Chilled Peaches Unflavored Milk SNACK 1/4 Cup Fruit Flavored Yogurt Unflavored Milk	BREAKFAST Whole Wheat Mini Bagel & Cream Cheese 1/2 Cup Chilled Pineapple Unflavored Milk LUNCH Beef Ragu & Parmesan Cheese with 1/4 Cup Whole Wheat Spaghetti 1/4 Cup Cooked Winter Squash 1/4 Cup Fresh Apple Unflavored Milk SNACK Whole Grain Animal Crackers Unflavored Milk	BREAKFAST Whole Grain Fruit Flavored Muffin 1/2 Cup Fresh Mango & Pineapple Unflavored Milk LUNCH Whole Grain Breaded Fish Sticks served with Ketchup 1/4 Cup Sweet Potato Wedges 1/4 Cup Banana Unflavored Milk SNACK 1/2 Cup Melon Unflavored Milk	BREAKFAST 1/2 Cup Whole Grain Kix 1/2 Cup Fresh Clementine Unflavored Milk LUNCH Sweet N' Sour Chicken served with 1/4 Cup Steamed Brown Rice 1/4 Cup Corn on the Cob 1/4 Cup Cantaloupe Unflavored Milk SNACK 1/2 Cup Cucumber Slices w/ Dressing Unflavored Milk	BREAKFAST Whole Grain Breakfast Biscuit & Jelly 1/2 Cup Fresh Apple Unflavored Milk LUNCH Chicken Meatball Parm on a Whole Wheat Hot Dog Roll 1/4 Cup Italian Green Beans 1/4 Cup Fresh Orange Smiles Unflavored Milk SNACK 1/4 Cup Fruit Flavored Yogurt Unflavored Milk
				

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.

Menu Is Subject to Change. USDA is an equal opportunity provider and employer.