


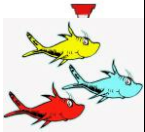

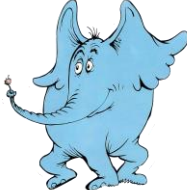



Lamb of God Early Childhood Ministry

Monthly Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>February is...</p>  <p>Flour Noodle Month</p>   <p>Flour Month Frozen Food Month</p>  <p>Sauce Month National Nutrition Month</p>	<p>It is our goal at Lamb of God to provide healthy and varied menu options.</p>  <p>Each month at least one new menu item is introduced. New menu items are highlighted in yellow</p> 	<p>1</p> <p>Breakfast ½ slice whole-grain terrific cheesy toast¹ ½ c fresh orange sections© ¾ c 1% milk</p> <p>Lunch 1 ½ oz macaroni and cheese¹ ¼ c green beans (A) ¼ c diced pears © ¾ c 1% milk</p> <p>PM Snack 1 Nutri-Grain cereal bar¹ 4 oz 100% Juice © water</p>	<p>2</p> <p>Dr. Seuss Day</p> <p>Breakfast Green Eggs and Ham green eggs and turkey w flour tortilla ½ c apple slices ¾ c 1% milk</p> <p>Lunch Mr. Brown Can Moo Can You? chicken patty on bun w lettuce, tomato, and cheese ¼ c steamed broccoli ¼ c applesauce ¾ c 1% chocolate milk</p> <p>PM Snack 1 Fish 2 Fish Red Fish Blue Fish (colorful goldfish crackers) ¾ c 1% milk</p>	<p>3</p> <p>Lamb of God Early Childhood Ministry Closed for Teacher In-Service Day</p> 
<p>6</p> <p>Breakfast ½ slice whole-grain terrific toast¹ w/ 1 tsp all-fruit spread ½ c apple slices ¾ c 1% milk</p> <p>Lunch 5 breaded chicken nuggets¹ ¼ c cheesy mashed potatoes© ¼ c mixed veggies (A) © ¼ c peaches (A) ¾ c 1% milk</p> <p>PM Snack 1 Nutri-Grain cereal bar¹ 4 oz 100% Juice © water</p>	<p>7</p> <p>Cereal Day</p> <p>Breakfast ½ c whole-grain cereal¹ ½ c banana slices © ¾ c 1% milk</p> <p>Lunch 1 ½ oz grilled cheese sandwich¹ ¼ c steamed peas (A) © ¼ c diced pears © ¾ c 1% milk</p> <p>PM Snack animal crackers¹ ¾ c 1% milk water</p>	<p>8</p> <p>Breakfast mini bagesl¹ w 1 tsp cream cheese ½ c fresh orange sections© ¾ c 1% milk</p> <p>Lunch: Super Nacho Day!! chicken & black bean nachos w lettuce cheese tomato salsa sour cream ¼ c steamed corn (A) ¼ c pineapple © ¾ c 1% milk</p> <p>PM Snack Ritz Crackers¹ w cheese cubes water</p>	<p>9</p> <p>Breakfast 3 french toast sticks¹ w/ 1 tbs w/low calorie syrup ½ c applesauce ¾ c 1% milk</p> <p>Lunch 1 ½ oz spaghetti w tomato and meat sauce¹ (A) © ¼ c green beans (A) ¼ c fruit cocktail (A)© ¾ c 1% milk</p> <p>PM Snack graham crackers¹ ½ c banana slices © water</p>	<p>10</p> <p>Breakfast 2 oz yummy yogurt ½ c scrumptious strawberries© ½ c granola¹ ¾ c 1% milk</p> <p>Lunch cheese pita pizzas ¼ c cooked carrots ¼ c mandarin oranges (A)© ¾ c 1% milk</p> <p>PM Snack garlic breadsticks tomato sauce or ranch ¾ c 1% milk</p>

Children in the Infant Toddler Classroom are served whole milk where 1% milk is noted on the menu.


Monday	Tuesday	Wednesday	Thursday	Friday
13	CACFP Training Day 14	15	16	St. Patrick's Day 17
<p>Breakfast 2 oz yummy yogurt ½ c awesome apple slices ½ c granola¹ ¾ c 1% milk</p> <p>Lunch cheese pizza pita¹ ¼ c steamed corn (A) ¼ c peaches (A) ¾ c 1% milk</p> <p>PM Snack 1 oz string cheese¹ Crasins water</p>	<p>Breakfast ½ cup whole-grain cereal¹ ½ cup scrumptious strawberries © ¾ c 1% milk</p> <p>Lunch: Bag Lunch turkey and cheese sandwich ¼ c carrot sticks ¼ c cherry tomatoes w ranch ¼ c clementine 1 bag baked chips ¾ c 1% milk</p> <p>PM Snack (1) bag pretzels ¾ c 1% milk water</p>	<p>Breakfast ½ slice whole-grain terrific toast¹ w/ 1 tsp all-fruit spread ½ c banana slices © ¾ c 1% milk</p> <p>Lunch 4 breaded fish sticks¹ ¼ c cooked carrots ¼ c fruit cocktail (A)© ¾ c 1% milk</p> <p>PM Snack black bean hummus pita ¾ c 1% milk water</p>	<p>Breakfast breakfast casserole w eggs, potatoes, cheese, & turkey sausage ½ warm pita ½ c orange slices ¾ c 1% milk</p> <p>Lunch spaghetti with meat sauce ¼ c mixed veggies (A) © ¼ c diced pears © ¾ c 1% milk</p> <p>PM Snack Goldfish crackers ¾ c 1% milk water</p>	<p>Breakfast 2 pancakes¹ w 1 tbsp low calorie syrup ½ c blueberries ¾ c 1% "St. Patrick's Day" milk</p> <p>Lunch soft flour tortilla¹ with 1 ½ oz seasoned beef¹, cheese and lettuce (A) ¼ c steamed broccoli (A) © ¼ c mandarin oranges A)©¾ c 1% "St. Patrick's Day" milk</p> <p>PM Snack 1 bag Teddy Grahams ¾ c 1% "St. Patrick's Day" milk water</p>
Lunch Bunch 20	21	World Water Day 22	Cooking Day 23	24
<p>Breakfast ½ c whole-grain cereal¹ ½ c banana slices © ¾ c 1% milk</p> <p>Lunch 1½ oz BBQ chicken¹ on ½ bun w slaw ¼ c green beans (A) ¼ c diced pears © ¾ c 1% milk</p> <p>PM Snack animal crackers¹ ¾ c 1% milk water</p>	<p>Breakfast ½ slice whole-grain terrific cheesy toast¹ w/ 1 tsp all-fruit spread ½ c apple slices ¾ c 1% milk</p> <p>Lunch porcupine Sliders (turkey burgers) ¼ c cooked carrots ¼ c mandarin oranges A)© ¾ c 1% milk</p> <p>PM Snack graham crackers¹ ¾ c 1% milk water</p>	<p>Breakfast waffles¹ w/ 1 tbsp low calorie syrup ½ c fresh orange sections© ¾ c 1% milk</p> <p>Lunch pita pizzas ¼ c steamed peas (A) © ¼ c fruit cocktail (A)© ¾ c 1% milk</p> <p>PM Snack Ritz Crackers¹ w cheddar cheese cubes water</p>	<p>Breakfast mini bagesl¹ w/ 1 tsp cream cheese ½ c applesauce ¾ c 1% milk</p> <p>Lunch 1 ½ oz grilled cheese sandwich¹w tomato soup ¼ c mixed veggies (A) © ¼ c peaches (A) ¾ c 1% milk</p> <p>PM Snack: Cooking Day tortilla pizzas with cheese & basil ¾ c 1% milk water</p>	<p>Breakfast 2 oz yummy yogurt ½ c scrumptious strawberries© ½ c granola¹ ¾ c 1% milk</p> <p>Lunch soft flour tortilla¹ w 1½ oz seasoned chicken cheese, lettuce, tomato, sour cream, salsa ¼ c steamed corn (A) ¼ c pineapple © ¾ c 1% milk</p> <p>PM Snack 1 Nutri-Grain cereal bar¹ 4 oz 100% Juice © water</p>

<p align="center">Spinach Day 27</p> <p>Breakfast spinach eggs and cheese breakfast burritos w flour tortilla ½ c sliced strawberries © ¾ c 1% milk</p> <p>Lunch 5 breaded chicken nuggets¹ ¼ c mashed potatoes© ¼ c mixed veggies (A) © ¼ c mandarin oranges A)© ¾ c 1% milk</p> <p>PM Snack 1 bag pretzels 1 oz string cheese water</p>	<p align="center">28</p> <p>Breakfast 3 French toast sticks¹ w/ 1 tbsp w/low calorie syrup ½ c applesauce ¾ c 1% milk</p> <p>Lunch 4 breaded fish sticks¹ ¼ c steamed peas (A) © ¼ c diced pears © ¾ c 1% milk</p> <p>PM Snack 1 bag Teddy Grahams ¾ c 1% milk water</p>	<p align="center">Preschool Art Show 29</p> <p>Breakfast ⅓ c whole-grain cereal¹ ½ c apple slices ¾ c 1% milk</p> <p>Lunch sloppy joe on whole grain bun ¼ c cooked carrots ¼ c peaches (A) ¾ c 1% milk</p> <p>PM Snack Goldfish crackers ¾ c 1% milk water</p>	<p align="center">30</p> <p>Breakfast 2 pancakes¹ w 1 tbsp low calorie syrup ½ c blueberries ¾ c 1% milk</p> <p>Lunch chicken curry casserole ¼ c steamed broccoli (A) © ¼ c pineapple © ¾ c 1% milk</p> <p>PM Snack cinnamon tortillas ½ c awesome applesauce water</p>	<p align="center">31</p> <p>Breakfast 2 oz yummy yogurt ½ c fresh orange sections© ⅓ granola¹ ¾ c 1% milk</p> <p>Lunch cheese pizza pita¹ ¼ c steamed corn (A) ¼ c fruit cocktail (A)© ¾ c 1% milk</p> <p>PM Snack animal crackers 4 oz 100% Juice water</p>
--	---	--	---	---

**Hooray! Hooray!, It's
cooking day ...**

**This month we will
make "Tortilla Pizzas"
for a snack. The recipe
is listed on the menu so
that you can try it at
home too!**


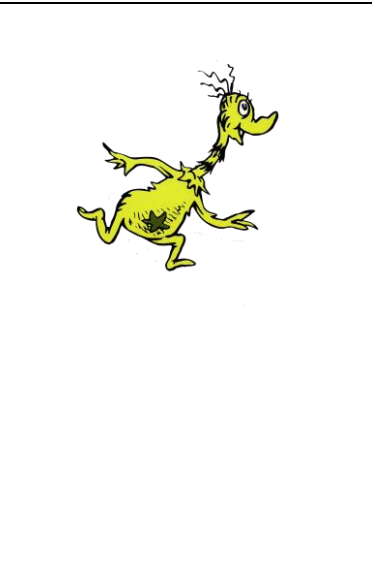
Tortilla Pizzas



You will need: a cookie
cutter, whole wheat tortillas,
pizza sauce, cheese or other
desired toppings, a muffin
pan or baking sheet

1. use a cookie cutter to cut the tortilla
2. top the tortilla with pizza sauce and toppings
3. place in muffin pan or on baking sheet
4. bake at 350 degrees for about 10 minutes or until cheese is golden brown

Families are encouraged to join us anytime for lunch, especially on our special lunch days highlighted in **green**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Menu Codes: (A) = Vitamin A, served at least twice a week © = Vitamin C, served each day 1 = Iron, served each day