

Monthly Menu Plan
Month of: February 2024

Sponsor: CHILD CARE RESOURCES INC.
 (855) 427-2888

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>L: Beef Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Black Beans, Applesauce, Lowfat Milk - 1% Chili</p> <p>D: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Broccoli, Lowfat Milk - 1% Teriyaki Chicken</p>	<p>2</p> <p>L: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Broccoli, Applesauce, Lowfat Milk - 1% Teriyaki Chicken</p> <p>D: Beef Ground, Egg Noodles (1ozeq/28gm), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1% Beef Stroganoff</p>
<p>5</p> <p>L: Cheddar Cheese, Rolls-WGR(WG), Sweet Potatoes/Yams (not as fries), Garden Salad, Lowfat Milk - 1% Roasted Root Vegetable Salad</p> <p>D: Cheddar Cheese, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Mac And Cheese</p>	<p>6</p> <p>L: Turkey Ground, Penne Pasta -WG (1oz eq/28g/1/2c) (WG), Peppers, Green, Pears, Lowfat Milk - 1% Taco Pasta</p> <p>D: Chicken Breasts, Flour Tortillas (1oz eq/28g), Pinto Beans, Pears, Lowfat Milk - 1% Chicken Fajitas</p>	<p>7</p> <p>L: Tuna Salad, Buns - Whole Grain (1oz/28g)(WG), Lettuce / Salad, fresh, Mandarin Oranges, Lowfat Milk - 1% Tuna Salad Sandwiches</p> <p>D: Beef Ground, Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Pears, Lowfat Milk - 1% Beef and Gravy</p>	<p>8</p> <p>L: Beef Ground, Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Applesauce, Lowfat Milk - 1% Beef and Gravy</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Butter Chicken</p>	<p>9</p> <p>L: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1% Butter Chicken</p> <p>D: Beef Ground, Pasta Misc (WG)(WG), Tomatoes Fresh, Stewed, Mixed Vegetables, Lowfat Milk - 1% Pasta and Meat Sauce</p>
<p>12</p> <p>L: American Cheese (100% cheese), Bread - Whole Grain (WG)(WG), Tomato Soup, Mandarin Oranges, Lowfat Milk - 1% Grilled Cheese and Soup</p> <p>D: Navy Beans, Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Mixed Vegetables, Lowfat Milk - 1% Veggie Shepherds Pie</p>	<p>13</p> <p>L: Beef Ground, Flour Tortillas (1oz eq/28g), Potatoes, fresh, all sizes, Pears, Lowfat Milk - 1% Chorizo Potato Tacos</p> <p>D: Beef Ground, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Black Beans, Pears, Lowfat Milk - 1% Mexican Lasagna</p>	<p>14</p> <p>L: Stew Meat - Beef, Rice (1oz eq/28gm/1/2c), Broccoli, Peaches / Nectarines, Lowfat Milk - 1% Beef and Broccoli</p> <p>D: Chicken Drumettes (Paige Foods), Rolls-WGR(WG), Sweet Potatoes/Yams (not as fries), Tropical Fruit, Lowfat Milk - 1% Chicken Drumsticks</p>	<p>15</p> <p>L: Chicken Drumettes (Paige Foods), Rolls-WGR(WG), Sweet Potatoes/Yams (not as fries), Tropical Fruit, Lowfat Milk - 1% Chicken Drumsticks</p> <p>D: Beef Ground, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Chili Mac and Cheese</p>	<p>16</p> <p>L: Beef Ground, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Chili Mac and Cheese</p> <p>D: Stew Meat - Beef, Rice (1oz eq/28gm/1/2c), Broccoli, Tropical Fruit, Lowfat Milk - 1% Beef and Broccoli</p>

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19	<p>20</p> <p>L: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Black Beans, Salsa, Lowfat Milk - 1%</p> <p align="center">Beef Tacos</p> <p>D: Chicken Breasts, Tortilla Chips - WGR (1 oz/28g) (WG), Corn, Peaches / Nectarines, Lowfat Milk - 1%</p> <p align="center">Chicken Nachos</p>	<p>21</p> <p>L: Chicken Breasts, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Mixed Vegetables, Pears, Lowfat Milk - 1%</p> <p align="center">White Chicken Chili</p> <p>D: Beef Ground, Chow Mein Noodles, Peppers, Green, Pear, canned #10, Lowfat Milk - 1%</p> <p align="center">Mongolian Beef</p>	<p>22</p> <p>L: Beef Ground, Chow Mein Noodles, Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p align="center">Mongolian Beef</p> <p>D: Meatloaf (Beef), Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Applesauce, Lowfat Milk - 1%</p> <p align="center">Meatloaf and Tomato Gravy</p>	<p>23</p> <p>L: Meatloaf (Beef), Rolls-WGR(WG), Mashed Potatoes (100% potatoes), Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p align="center">Meatloaf and Tomato Gravy</p> <p>D: Chicken Breasts, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Mixed Vegetables, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p align="center">White Chicken Chili</p>
<p>26</p> <p>L: Mozzarella Cheese, Penne Pasta -WG (1oz eq/28g/1/2c)(WG), Mixed Vegetables, Cauliflower, Lowfat Milk - 1%</p> <p align="center">Veggie Alfredo</p> <p>D: Cheddar Cheese, Brown Rice, WG (1oz/28g)(WG), Broccoli, Applesauce, Lowfat Milk - 1%</p> <p align="center">Broccoli Cheddar Casserole</p>	<p>27</p> <p>L: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Black Beans, Peaches / Nectarines, Lowfat Milk - 1%</p> <p align="center">Frito Pie</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Lettuce / Salad, fresh, Peaches / Nectarines, Lowfat Milk - 1%</p> <p align="center">Burrito Bowls</p>	<p>28</p> <p>L: Chicken Breasts, Egg Noodles (1oz eq/28gm), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1%</p> <p align="center">Honey Garlic Chicken</p> <p>D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c) (WG), Tomato Sauce / Paste, Pears, Lowfat Milk - 1%</p> <p align="center">pizza casserole</p>	<p>29</p> <p>L: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c) (WG), Tomato Sauce / Paste, Applesauce, Lowfat Milk - 1%</p> <p align="center">Pizza Casserole</p> <p>D: Beef Ground, Macaroni Noodles (1oz eq/28g), Peppers, Green, Applesauce, Lowfat Milk - 1%</p> <p align="center">Cheese Burger Pasta</p>	