

GREAT BEGINNINGS

FEBRUARY 2010

LK PORTIONS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <p>FEBRUARY 1 AM: GRAHAM CRACKERS, 2 EA MILK, 1/2 C PM: BUTTER COOKIE, 1 EA 100% APPLE JUICE NO DYES</p> | <p>FEBRUARY 2 AM: BLUEBERRY BREAD, 1 SL MILK, 1 PKTS PM: RITZ CRACKERS, 4 EA AMERICAN CHEESE, 1 SL</p> | <p>FEBRUARY 3 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: VANILLA YOGURT BULK, 1/2 C VANILLA WAFERS, 4 EA</p> | <p>FEBRUARY 4 AM: STRAWBERRY YOGURT, 1/2 C GRAHAM CRACKERS, 2 EA PM: OATMEAL RAISIN SNACK, 1 EA MILK, 1/2 C</p> | <p>FEBRUARY 5 AM: CEREAL TRAIL MIX, 1/3 C MILK, 1/2 C PM: GOLDFISH, 1/2 C CHILLED DICED PEARS, 1/2 C</p> |
| <p>FEBRUARY 8 AM: GRAHAM CRACKERS, 2 EA MILK, 1/2 C PM: CHEESE NIPS, 1/3 C 100% CITRUS PUNCH / NO DYES, 1/2 C</p> | <p>FEBRUARY 9 AM: ENGLISH MUFFIN, 1/2 EA W/ GRAPE JELLY MILK, 1/2 C PM: MINI PRETZELS, 8 EA 100% WHITE GRAPE JUICE, 1/2 C</p> | <p>FEBRUARY 10 AM: CORN FLAKES, 1/3 C MILK, 1/2 C PM: VANILLA YOGURT BULK, 1/2 C VANILLA WAFERS, 4 EA</p> | <p>FEBRUARY 11 AM: RAISIN BREAD, 1/2 SL MILK, 1/2 C PM: GRAHAM CRACKERS, 2 EA 100% APPLE JUICE NO DYES, 1/2 C</p> | <p>FEBRUARY 12 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: GOLDFISH, 1/3 C 100% WHITE GRAPE JUICE, 1/2 C</p> |
| <p>FEBRUARY 15 AM: FRENCH TOAST STICKS, 2 EA W/ SYRUP MILK, 1/2 C PM: RITZ CRACKERS, 4 EA AMERICAN CHEESE, 1 SL</p> | <p>FEBRUARY 16 AM: LIFE CEREAL, 1/3 C MILK, 1/2 C PM: OATMEAL RAISIN SNACK, 1 EA 100% WHITE GRAPE JUICE, 1/2 C</p> | <p>FEBRUARY 17 AM: STRAWBERRY YOGURT, 1/2 C GRAHAM CRACKERS, 2 EA PM: MINI PRETZELS, 8 EA MILK, 1/2 C</p> | <p>FEBRUARY 18 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: GOLDFISH, 1/3 C 100% CITRUS PUNCH / NO DYES, 1/2 C</p> | <p>FEBRUARY 19 AM: BANANA BREAD, 1 SL MILK, 1/2 C PM: RICE CAKES, 3 EA 100% APPLE JUICE NO DYES, 1/2 C</p> |
| <p>FEBRUARY 22 AM: BLUEBERRY BREAD, 1 SL MILK, 1/2 C PM: BUTTER COOKIE, 1 EA 100% APPLE JUICE NO DYES, 1/2 C</p> | <p>FEBRUARY 23 AM: GRAHAM CRACKERS, 2 EA MILK, 1/2 C PM: RITZ CRACKERS, 4 EA AMERICAN CHEESE, 1 SL</p> | <p>FEBRUARY 24 AM: PLAIN BAGEL, 1/2 EA W/ GRAPE JELLY MILK, 1/2 C PM: BREADSTICKS, 1 PKTS 100% CITRUS PUNCH / NO DYES, 1/2 C</p> | <p>FEBRUARY 25 AM: RAISIN BREAD, 1 SL MILK, 1/2 C PM: VANILLA YOGURT BULK, 1/2 C FRESH BANANA, 1/2 EA</p> | <p>FEBRUARY 26 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: GRAHAM CRACKERS, 2 EA 100% ORANGE PINEAPPLE / NO DYES</p> |
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Portions meet CACFP requirements for 3 to 5 year olds. All alternates discussed on an individual basis as needed.
 Specializing in Day Care and School Lunch Programs and Business and Office Luncheons
 6 oz milk required with each meal