


EZ Meals
AFTERSCHOOL MEALS HOT SUPPER
FEBRUARY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES			1-*Chicken Alfredo (3/4c) Baby Carrots (1/2c) Pineapple (1/4c) WGR Bread or Roll (1) WGR Pasta in entrée (1/2c) Milk (8oz)	2-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) *Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
5-*Beef Stew (3oz) Green Beans (1/2c) Fruit Cocktail (1/4c) WGR Rice (1/2c) Milk (8oz)	6-*Chicken Patty (3oz) Mayonnaise (1) Corn (1/2c) Fresh Whole Fruit (1) WGR Bun (1) Milk (8oz)	7-*Hamburger (3oz) Ketchup/Mustard (1) Lettuce Tomato Salad (1c) Fruit Cocktail (1/4) WGR Bun (1) Milk (8oz)	8-*Pasta with Meat Sauce (3/4c) Baby Carrots(1/2c) Peaches (1/4c) WGR Bread or Roll (1) Milk (8oz)	9-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) *Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
12-Meat Lasagna (3/4c) Mixed Green Salad (1c) Salad Dressing (1) Pears (1/4c) WGR Pasta in Entree (1/2c) Milk (8oz)	13-*Chicken Nuggets (6) Mixed Vegetables (1/2c) Fruit Cocktail (1/4c) *WGR Macaroni & Cheese (1/2c) Milk (8oz)	14-*Glazed Meatballs (6) Peas (1/2c) Pineapple (1/4c) WGR Rice (1/2c) Milk (8oz)	15-*Chicken Patty (3oz) Mayonnaise (1) *Coleslaw (1/2c) Mandarins (1/4c) WGR Bun (1) Milk (8oz)	16-Ham & Cheese (3oz) Mayonnaise & Mustard (1) *Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
19-*Chicken Nuggets (6) Green Beans (1/2c) Fruit Cocktail (1/4c) WGR Rice (1/2c) Milk (8oz)	20-Roast Chicken (2oz) Black Beans (1/2c) Pineapple (1/4c) WGR Rice (1/2c) Milk (8oz)	21-*Chicken Patty (3oz) Mayonnaise (1) Corn (1/2c) Peaches (1) WGR Bun (1) Milk (8oz)	22-*Pasta with Meat Sauce (3/4c) Mixed Vegetables (1/2c) Pears (1/4c) WGR Bread or Roll (1) Milk (8oz)	23-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) *Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
26-*Cheeseburger (3oz) Ketchup/Mustard (1) Roasted Potatoes (1/2c) Fresh Whole Fruit (1) WGR Bun (1) Milk (8oz)	27-*Chicken Nuggets (6) Mixed Vegetables (1/2c) Fruit Cocktail (1/4c) *WGR Macaroni & Cheese (1/2c) Milk (8oz)	28-Taco Seasoned Beef (2oz) Lettuce & Tomato (1/4c) Corn (1/4c) in rice (1/2c) Mandarins (1/4c) WGR Tortilla (1) Milk (8oz)	29-*Chicken Alfredo (3/4c) Baby Carrots (1/2c) Pineapple (1/4c) WGR Bread or Roll (1) WGR Pasta in entrée (1/2c) Milk (8oz)	

EZ Meals
AFTERSCHOOL MEALS SNACK
FEBRUARY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES			<u>1</u> Fresh Apple (1) WGR Cheese Crackers	<u>2</u> 100% Juice (6oz) WGR Animal Crackers
<u>5</u> 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz pkg = 1oz)	<u>6</u> IW Cheese Slices (serve 2) WW Potato Roll (2oz)	<u>7</u> Cheese Stick (1oz) WGR Fruit Muffin (2oz)	<u>8</u> Fresh Apple (1) WGR Pretzels (1oz)	<u>9</u> 100% Juice (6oz) WGR Animal Crackers (1oz)
<u>12</u> 100% Juice (3/4c) WGR Honey Grahams (1oz)	<u>13</u> IW Cheese Slices (serve 2) WW Brioche Roll (2oz)	<u>14</u> Cheese Stick (1oz) WGR Fruit Muffin (2oz)	<u>15</u> Fresh Apple (1) WGR Cheese Crackers (1oz)	<u>16</u> 100% Juice (6oz) WGR Savory Crackers (1oz)
<u>19</u> 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz pkg = 1oz)	<u>20</u> IW Cheese Slices (serve 2) WW Brioche Roll (2oz)	<u>21</u> Cheese Stick (1oz) WGR Fruit Muffin (2oz)	<u>22</u> Fresh Apple (1) WGR Pretzels (1oz)	<u>23</u> 100% Juice (3/4c) WGR Honey Grahams (1oz)
<u>26</u> 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz pkg = 1oz)	<u>27</u> IW Cheese Slices (serve 2) WW Potato Roll (2oz)	<u>28</u> Cheese Stick (1oz) WGR Fruit Muffin (2oz)	<u>29</u> Fresh Apple (1) WGR Cheese Crackers (1oz)	

EZ Meals
AFTERSCHOOL MEALS COLD SUPPER
JANUARY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES			1-Turkey & Cheese (2.5oz) <i>In pasta salad</i> Baby Carrots (1/2c) Dressing/Dip (1) Applesauce (1/4c) *WGR Pasta Salad (3/4c) Milk (8oz)	2-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) *Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
5-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing /Dip(1) Mandarins (1/4c) WG Crackers (1oz) Milk (8oz)	6-*Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) *Coleslaw (1/2c) Fruit Cocktail (1/4c) WGR Bread (1) Milk (8oz)	7-Ham (2oz) Cheese (1oz) Mayonnaise & Mustard Packet (1) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)	8-Grilled Chicken (2oz) <i>In pasta salad</i> Cucumber (1/2c) Dressing/Dip Pineapple (1/4c) *WGR Pasta Salad (3/4c) Milk (8oz)	9-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) *Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
12-*Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip Mandarins (1/4c) WG Crackers (22g) Milk (8oz)	13-*Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) *Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread (1) Milk (8oz)	14-Ham (2oz) Cheese (1oz) Mayonnaise & Mustard Packet (1) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)	15-Grilled Chicken (2oz) <i>In pasta salad</i> Cucumber (1/2c) Dressing/Dip Pineapple (1/4c) WGR Pasta Salad (3/4c) Milk ()	16-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) *Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
19-*Tuna Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip (1) Mandarins (1/4c) WG Crackers (1oz) Milk (8oz)	20-Ham (2oz) Cheese (1oz) Mayonnaise & Mustard Packet (1) *Coleslaw Fruit Cocktail (1/4c) WGR Bread (1) Milk (8oz)	21-*USDA Chicken Salad (3oz) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)	22-Turkey & Cheese (2.5oz) <i>In pasta salad</i> Baby Carrots (1/2c) Dressing/Dip (1) Applesauce (1/4c) *WGR Pasta Salad (3/4c) Milk (8oz)	23-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) *Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
26-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing /Dip(1) Mandarins (1/4c) WG Crackers (1oz) Milk (8oz)	27-*Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) *Coleslaw (1/2c) Fruit Cocktail (1/4c) WGR Bread (1) Milk (8oz)	28-Ham (2oz) Cheese (1oz) Mayonnaise & Mustard Packet (1) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)	29-Grilled Chicken (2oz) <i>In pasta salad</i> Cucumber (1/2c) Dressing/Dip Pineapple (1/4c) *WGR Pasta Salad (3/4c) Milk (8oz)	

