

Auntie Rose's
AFTERSCHOOL MEALS SUPPER
FEBRUARY MENU



Milk: Ages 2-5 serve 1%/0% Unflavored
Ages 6-18 serve 1%/0% Unflavored or Flavored

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 – Sloppy Joe (beef or turkey 3oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1) Milk (8oz)	4 – Macaroni & Cheese (3/4c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	5 - Shepherd Pie 2" x 3 3/4" serving with Ground Beef (2oz) Mashed Potatoes in entree (1/2c) Steamed Carrots (1/4c) Roll (1) Margarine or butter (1) Milk (8oz)	6 – Ham or Smoked Sausage in Red Beans (1c) Rice (1/2c) Steamed Corn (1/4c) Milk (8oz)	7- Sliced Turkey (2.26oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
10-Hot Dog (2oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	11 – Beefaroni (3/4c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	12 – Meatballs in sauce (4) Mashed Potato (1/2c) Steamed Carrots (1/4c) Roll (1) Margarine or butter (1) Milk (8oz)	13– BBQ Chicken Drumstick (4oz) Seasoned Black Beans & Rice (1c) Steamed Corn (1/4c) Milk (8oz)	14- Sliced Ham (1.83oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
17-Hot Dog (2oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	18 – Spaghetti & Meat Sauce (1c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	19 – Sloppy Joe (beef or turkey 3oz) Mashed Potato (1/2c) Steamed Carrots(1/4c) WGR Bun (1) Milk (8oz)	20 – Ham or Smoked Sausage in Red Beans (1c) Rice (1/2c) Steamed Corn (1/4c) Milk (8oz)	21- Sliced Bologna (2.26oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
24-Hot Dog (2oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	25 – Beefaroni (3/4c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	26 – Meatballs in sauce (4) Mashed Potato (1/2c) Steamed Carrots (1/4c) Roll (1) Margarine or butter (1) Milk (8oz)	27– BBQ Chicken Drumstick (4oz) Seasoned Black Beans & Rice (1c) Steamed Corn (1/4c) Milk (8oz)	28- Sliced Ham (1.83oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
March 3 – Sloppy Joe (beef or turkey 3oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1) Milk (8oz)	March 4 – Macaroni & Cheese (3/4c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	March 5 - Shepherd Pie 2" x 3 3/4" serving with Ground Beef (2oz) Mashed Potatoes in entree (1/2c) Steamed Carrots (1/4c) Roll (1) Margarine or butter (1) Milk (8oz)	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	Serving Utensils: 3oz – ivory handle 4oz (1/2c) – green handle 6oz (3/4c) – purple handle 8oz (1c) – blue handle



Auntie Rose's
AFTERSCHOOL MEALS SNACK
FEBRUARY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	4 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	5 IW Cheese Stick (1oz) Tortilla Chips (1oz)	6 IW WGR Goldfish Crackers (.75oz) 100% Fruit Juice (6oz)	7 IW WGR Graham or Animal Crackers (1oz) Yogurt (4oz)
10 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	11 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	12 IW WGR Pretzels (.8oz) Yogurt (4oz)	13 IW WGR Graham or Animal Crackers (1oz) 100% Fruit Juice (6oz)	14 IW Cheese Stick (1oz) Tortilla Chips (1oz)
17 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	18 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	19 IW Cheese Stick (1oz) Tortilla Chips (1oz)	20 IW WGR Graham or Animal Crackers (1oz) 100% Fruit Juice (6oz)	21 IW WGR Goldfish (.75oz) Yogurt (4oz)
24 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	25 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	26 IW Cheese Stick (1oz) Tortilla Chips (1oz)	27 IW WGR Goldfish Crackers (.75oz) 100% Fruit Juice (6oz)	28 IW WGR Graham or Animal Crackers (1oz) Yogurt (4oz)
March 3 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	March 4 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	March 5 IW WGR Pretzels (.8oz) Yogurt (4oz)	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	IW = Individually Wrapped

