


EZ Meals
AFTERSCHOOL MEALS HOT 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-Beef Stew (3oz) Green Beans (1/2c) Fruit Cocktail (1/4c) WGR Rice (1/2c) Milk (8oz)	4-Chicken Patty (3oz) Mayonnaise (1) Corn (1/2c) Fresh Whole Fruit (1) WGR Bun (1) Milk (8oz)	5-Hamburger (3oz) Ketchup/Mustard (1) Lettuce Tomato Salad (1c) Fruit Cocktail (1/4) WGR Bun (1) Milk (8oz)	6-Pasta with Meat Sauce (3/4c) Baby Carrots(1/2c) Peaches (1/4c) WGR Bread or Roll (1) Milk (8oz)	7-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
10-Meat Lasagna (3/4c) Mixed Green Salad (1c) Salad Dressing (1) Pears (1/4c) WGR Pasta in Entree (1/2c) Milk (8oz)	11-Chicken Nuggets (6) Mixed Vegetables (1/2c) Fruit Cocktail (1/4c) WGR Macaroni & Cheese (1/2c) Milk (8oz)	12-Glazed Meatballs (6) Peas (1/2c) Pineapple (1/4c) WGR Rice (1/2c) Milk (8oz)	13-Chicken Patty (3oz) Mayonnaise (1) Coleslaw (1/2c) Mandarins (1/4c) WGR Bun (1) Milk (8oz)	14-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
17-Chicken Nuggets (6) Carrots (1/2c) Mixed Fruit (1/4c) WGR Rice (1/2c) Milk (8oz)	18-Roast Chicken (2oz) Black Beans (1/2c) Pineapple (1/4c) WGR Rice (1/2c) Milk (8oz)	19-Chicken Patty (3oz) Mayonnaise (1) Corn (1/2c) Peaches (1) WGR Bun (1) Milk (8oz)	20-Pasta with Meat Sauce (3/4c) Mixed Vegetables (1/2c) Pears (1/4c) WGR Bread or Roll (1) Milk (8oz)	21-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
24-Taco Seasoned Chicken (2oz) Lettuce/Tomato (1/2c) Congri (1/2c) Fresh Whole Fruit (1) WGR Tortilla (1) Milk (8oz)	25-Chicken Alfredo (3/4c) Carrots (1/2c) Pineapple (1/4c) WGR Roll or Bread (1) WGR Pasta in entree (1/2c) Milk (8oz)	26-Cheeseburger (3oz) Ketchup/Mustard (1) Corn (1/2c) Mixed Fruit (1/4c) WGR Bun (1) Milk (8oz)	27-Chicken Strips (2oz) Red Beans (1/2c) Mandarins (1/4c) Rice (1/2c) Milk (8oz)	28-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
March 3-Beef Stew (3oz) Green Beans (1/2c) Fruit Cocktail (1/4c) WGR Rice (1/2c) Milk (8oz)	March 4-Chicken Patty (3oz) Mayonnaise (1) Corn (1/2c) Fresh Whole Fruit (1) WGR Bun (1) Milk (8oz)	March 5-Hamburger (3oz) Ketchup/Mustard (1) Lettuce Tomato Salad (1c) Fruit Cocktail (1/4) WGR Bun (1) Milk (8oz)	 <p>THE CHILDREN'S TRUST</p>	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES



EZ Meals
AFTERSCHOOL MEALS SNACK
FEBRUARY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	<u>4</u> Cheese Stick (1oz) WGR Savory Crackers (.8oz)	<u>5</u> 100% Juice (3/4c) WGR Muffin (2oz)	<u>6</u> Fresh Apple (1) WGR Pretzels (.8oz)	<u>7</u> 100% Juice (3/4c) WGR Animal Crackers (1oz)
<u>10</u> 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	<u>11</u> Cheese Stick (1oz) WGR Pretzels (.8oz)	<u>12</u> 100% Juice (3/4c) WGR Muffin (2oz)	<u>13</u> Fresh Apple (1) WGR Cheese Crackers (.8oz)	<u>14</u> 100% Juice (3/4c) WGR Savory Crackers (.8oz)
<u>17</u> 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	<u>18</u> Cheese Stick (1oz) WGR Savory Crackers (.8oz)	<u>19</u> 100% Juice (3/4c) WGR Muffin (2oz)	<u>20</u> Fresh Apple (1) WGR Pretzels (.8oz)	<u>21</u> 100% Juice (6oz) WGR Graham Crackers (1oz)
<u>24</u> 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	<u>25</u> Cheese Stick (1oz) WGR Pretzels (.8oz)	<u>26</u> 100% Juice (3/4c) WGR Muffin (2oz)	<u>27</u> Fresh Apple (1) WGR Cheese Crackers (.8oz)	<u>28</u> 100% Juice (3/4c) WGR Animal Crackers (1oz)
<u>March 3</u> 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	<u>March 4</u> Cheese Stick (1oz) WGR Savory Crackers (.8oz)	<u>March 5</u> 100% Juice (3/4c) WGR Muffin (2oz)		THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES

EZ Meals
AFTERSCHOOL MEALS COLD 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-Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing /Dip (1) Mandarins (1/4c) WG Crackers (1oz) Milk (8oz)	4-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (2/3) Fruit Cocktail (1/4c) WGR Bread (1) Milk (8oz)	5-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)	6-Grilled Chicken (2oz) <i>In pasta salad</i> Cucumber (1/2c) Dressing/Dip Pineapple (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	7-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
10-Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip Mandarins (1/4c) WG Crackers (22g) Milk (8oz)	11-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread (1) Milk (8oz)	12-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)	13-Grilled Chicken (2oz) <i>In pasta salad</i> Cucumber (1/2c) Dressing/Dip Pineapple (1/4c) WGR Pasta Salad (3/4c) Milk ()	14-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
17-Tuna Salad (3oz) Cucumbers (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip Mandarins (1/4c) WG Crackers (22g) Milk (8oz)	18-Ham (2oz) Cheese (1oz) Mayonnaise & Mustard Packet (1) Coleslaw Fruit Cocktail (1/4c) WGR Bread (1) Milk (8oz)	19-Chicken Salad (3oz) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)	20-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)	21-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
24-Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing /Dip (1) Mandarins (1/4c) WG Crackers (1oz) Milk (8oz)	25-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (2/3) Fruit Cocktail (1/4c) WGR Bread (1) Milk (8oz)	26-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)	27-Grilled Chicken (2oz) <i>In pasta salad</i> Cucumber (1/2c) Dressing/Dip Pineapple (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	28-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
March 3-Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip Mandarins (1/4c) WG Crackers (22g) Milk (8oz)	March 4-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread (1) Milk (8oz)	March 5-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)		THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES

