


Quality Culinary
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-Chicken Alfredo Pasta (1c) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	4-Beef or Turkey Chili (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Rice (1/2c) Milk 8oz	5-Baked Ziti Pasta (1c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	6-Adobo Baked Chicken (3oz) Green Peas (1/2c) Pineapple or Mandarins Oranges (1/4c) WGR Rice (1/2c) Milk 8oz	7-Beef, Turkey or Chicken Hot Dog (2.75oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk 8oz
10-Macaroni & Cheese (2/3c) Peas and Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	11-Chicken Patty (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Bun (1) Milk 8oz	12-Picadillo (3oz) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Rice (1/2c) Milk 8oz	13-Baked Chicken Marinara (1c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	14-Arrzo con Pollo (1c) Corn (1/2c) Fresh Fruit (1/4c) WGR Rice in entrée (1/2c) Milk 8oz
17-Cheeseburger Macaroni (3oz) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	18-Taco Beef or Turkey (2oz) Cheese (0.5oz) Mixed Green Salad (1c) Salad Dressing (1) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk 8oz	19-Chicken and Rice (1c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Rice in entrée (1/2c) Milk 8oz	20-Beefaroni (3/4c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (12c) Milk 8oz	21-Beef, Turkey or Chicken Hot Dog (2.75oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk 8oz
24-Chicken Nuggets (5) Ketchup or Mustard (1) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Bread (1)	25-Sloppy Joe (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Bun (1) Milk 8oz	26-Breaded Fish (3.6oz) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Bread (1) Milk 8oz	27-Spaghetti and Meat Sauce (1c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	28-Arrzo con Pollo (1c) Corn (1/2c) Fresh Fruit (1/4c) WGR Rice in entrée (1/2c) Milk 8oz
March 3-Baked Chicken (3oz) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Rice (1/2c) Milk 8oz	March 4-Macaroni & Cheese (2/3c) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Pasta in entre (1/2c) Milk 8oz	March 5-Chicken (2oz) Cheese (0.5oz) Mixed Green Salad (1c) Salad Dressing (1) Fresh Fruit (1/4c) WGR Tortilla (1) Milk 8oz	 THE CHILDREN'S TRUST	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES



Quality Culinary

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-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (1 slice) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bun (1) Milk (8oz)	4- Buffalo Chicken Wrap (2.5oz) Sliced Turkey or Chicken (2oz) Cheese (1 slice) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	5-Turkey (2oz) Cheese (1 slice) Buffalo Chicken Wrap (2.5oz) Carrot/Celery Slims (1/2c) Dip (1) Mandarin Oranges or Cinnamon Apples (1/4c) WGR Tortilla (1) Milk (8oz)	6-Tuna Macaroni Salad (3/4c) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Macaroni in Salad (1/2c) Milk (8oz)	7-Sliced Chicken (2oz) Cheese (1 slice) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
10-Tuna Salad (3oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bun (1) Milk (8oz)	11-Beef Bologna (2oz) Cheese (1 slice) Coleslaw(1/2c) Applesauce or Mixed Fruit (1/4c) WGR Bread (1) Milk (8oz)	12- Buffalo Chicken Wrap (2.5oz) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	13-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (1 slice) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bun (1) Milk (8oz)	14-Sliced Chicken (2oz) Cheese (1 slice) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
17-Tuna Salad (3oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bun (1) Milk (8oz)	18 Turkey (2oz) Cheese (1 slice) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	19-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (1 slice) Carrot/Celery Slims (1/2c) Dip (1) Fruit (1/4c) WGR Bun (1) Milk (8oz)	20-Beef Bologna (2oz) Cheese (1 slice) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (1) Milk (8oz)	21-Sliced Chicken (2oz) Cheese (1 slice) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
24-Beef Bologna (2oz) Cheese (1 slice) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bread (1) Milk (8oz)	25-Turkey Breast (2oz) Cheese (1 slice) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	26-Tuna Macaroni Salad (3/4c) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c) WGR Macaroni in Salad (1/2c) Milk (8oz)	27-Turkey Breast (2oz) Cheese (1 slice) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (1) Milk (8oz)	28-Sliced Chicken (2oz) Cheese (1 slice) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
March 3-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (1 slice) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bun (1) Milk (8oz)	March 4- Buffalo Chicken Wrap (2.5oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	March 5 Turkey (2oz) Cheese (1 slice) Carrot/Celery Slims (1/2c) Dip (1) Mandarin Oranges or Cinnamon Apples (1/4c) WGR Tortilla (1) Milk (8oz)	 <p style="text-align: center;">THE CHILDREN'S TRUST</p>	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES



Quality Culinary
AFTERSCHOOL MEALS SNACK
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-IW WGR Muffin (2oz) Milk 8oz	4-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	5-IW WGR Pita Chips or Pretzels (0.8oz) Cheese Stick (1oz)	6-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	7-IW WGR Animal or Graham Crackers (1oz) Milk 8oz
10-IW WGR Muffin (2oz) Milk 8oz	11-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	12-IW WGR Pita Chips or Pretzels (0.8oz) Cheese Stick (1oz)	13-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	14-IW WGR Animal or Graham Crackers (1oz) Milk 8oz
17-IW WGR Muffin (2oz) Milk 8oz	18-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	19-IW Graham Crackers (1oz) Yogurt (4oz)	20-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	21-IW WGR Animal Crackers (1oz) Milk 8oz
24-IW WGR Muffin (2oz) Milk 8oz	25-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	26-IW WGR Pita Chips or Pretzels (0.8oz) Cheese Stick (1oz)	27-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	28-IW WGR Animal or Graham Crackers (1oz) Milk 8oz
March 3-IW WGR Muffin (2oz) Milk 8oz	March 4-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple	March 5-IW Graham Crackers (1oz) Yogurt (4oz)		THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES

