

FEBRUARY 2024 BREAKFAST MENU: 2-5 JUBILEE JUMPSTART

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	2		
						Whole grain French toast	1 sl	Whole grain cereal	1/2c
						Orange wedges	1/2c	Banana	1/2c
						1% white milk	6oz	1% white milk	6oz
5	6	7	8	9					
Whole grain cereal	1/2c	Whole grain pancake	2oz	Vanilla yogurt	4oz	Cinnamon raisin oatmeal	1/3c	Whole grain cereal	1/2c
		Scrambled egg	1oz	Granolla topping	1/8c				
Apple sauce	1/2c	Orange wedges	1/2c	Diced pears	1/2c	Orange wedges	1/2c	Banana	1/2c
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz
12	13	14	15	16					
Whole grain cereal	1/2c	Whole grain pancake	1/2c	Crème of wheat cereal	1/3c	Whole grain French toast	1 sl	Whole grain cereal	1/2c
		Scrambled egg	1oz						
Cinnamon apple sauce	1/2c	Orange wedges	1/2c	Cinnamon apple slices	1/2c	Orange wedges	1/2c	Banana	1/2c
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz
19	20	21	22	23					
PRESIDENTS DAY		Whole grain cereal	1/2c	Vanilla yogurt	4oz	Cinnamon raisin oatmeal	1/3c	Whole grain cereal	1/2c
		Mandarin orange segments	1/2c	Granolla topping	1/8c				
				Honeydew melon	1/2c	Orange wedges	1/2c	Banana	1/2c
		1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz
26	27	28	29						
Whole grain cereal	1/2c	Whole grain pancakes	2oz	Crème of wheat cereal	1/3c	Whole grain French toast	1 sl		
		Scrambled eggs	1oz						
Apple sauce	1/2c	Orange wedges	1/2c	Honeydew melon	1/2c	Orange wedges	1/2c		
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz		

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisburg Dairy, PA

FEBRUARY 2024 LUNCH MENU: 2-5 JUBILEE JUMPSTART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1			1	2
			Chicken salad sandwich Chicken breast 1.5oz Whole grain sliced bread 1sl Baby carrots 1/4c Cinnamon apple slices 1/4c Milk 6oz	Peruvian chicken 1.5oz Brown rice 1/4c w/diced tomato 1/8c w/red & black beans 1/4c Diced pears 1/4c Milk 6oz
5	6	7	8	9
Baked penne Whole grain penne pasta 1/4c Ground turkey 1.5oz Green beans 1/8c Tomato sauce 1/8c Cheddar cheese .5oz Honeydew melon 1/4c Milk 6oz	Grilled chicken 1.5oz Mashed sweet potato 1/4c Fried brown rice 1/4c Cinnamon apple slices 1/4c Milk 6oz	Chicken nuggets 1.5oz Brown rice yellow recipe 1/4c W/ red kidney beans 1/8c Green peas & corn 1/4c Banana 1/4c Milk 6oz	Ham & cheese sandwich Turkey ham 1.5oz American cheese .5oz Whole wheat sliced bread 1sl Steamed cold broccoli 1/4c Cinnamon apple slices 1/4c Milk 6oz	Chili w. ground turkey (1.5 oz) Whole wheat bread 1/2sl w/ Red Kidney Beans 1/4c Diced tomato & sauce (1/8 c) Green pepper & onion (1/8 c) Diced pears 1/4c Milk 6oz
12	13	14	15	16
Macaroni cheese Cheddar cheese 2oz Whole grain macaroni 1/2c Green peas & corn 1/4c Honeydew melon 1/4c Milk 6oz	BBQ chicken 2oz Fried brown rice 1/4c Green beans 1/4c Banana 1/4c Milk 6oz	Fajita bowl w/ ground turkey 1.5oz Mexican brown rice 1/4c Geen pepper & onion 1/8c Diced & sauce tomato 1/8c Sliced carrots 1/8c Honeydew melon 1/4c Milk 6oz	Chicken salad sandwich Chicken breast 1.5oz Whole wheat sliced bread 1sl Steamed cold broccoli (1/4 c) Diced pears 1/4c Milk 6oz	Grilled chicken marinara (1.5 oz) Peruvian brown rice (1/4 c) w/ Red Kidney Beans 1/4c Diced & sauce tomato 1/4c Cinnamon apple slices 1/4c Milk 6oz
19	20	21	22	23
PRESIDENTS DAY	Taco bowl w/ground turkey 1.5oz Spanish rice 1/4c w/red kidney beans 1/8c Diced & sauce tomato 1/8c Honeydew melon 1/4c Milk 6oz	Teriyaki chicken (1.5 oz) Fried brown rice (1/4 c) Green peas & diced carrots (1/4 c) Banana 1/4c Milk 6oz	Sliced turkey sandwich 1.5oz Whole wheat sliced bread 1 sl Steamed cold broccoli 1/4c Cinnamon apple slices 1/4c Milk 6oz	Red curry chicken 1.5oz Corn 1/8c Curried brown rice 1/4c Curried tomato sauce 1/8c Diced pears 1/4c Milk 6oz
26	27	28	29	
Whole grain spaghetti 1/4c w/ground turkey 1.5oz Green beans 1/8c Tomato sauce 1/4c Honeydew melon 1/4c Milk 6oz	Fish sticks 1.5oz Brown rice Yellow recipe 1/4c w/red kidney beans 1/8c Green peas & corn 1/4c Cinnamon apple slices 1/4c Milk 6oz	Grilled chicken 1.5oz Fried brown rice 1/4c Sliced carrots 1/4c Chicken gravy 1/8c Banana 1/4c Milk 6oz	Italian cold cut sandwich 1.5oz Turkey ham & salami 1.5oz Steamed broccoli 1/4c Provolone cheese .5oz Whole grain sliced bread 1 sl Diced pears 1/4c Milk 6oz	

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 1-2 year old 4 fluid ounces whole unflavored milk; 3-5 year old 6 fluid oz: Unflavored low-fat(1%) or Unflavored fat-free (skim) fluid milk is offered to each child every day.

This Institution is an Equal Opportunity Provider

All Fruit Juices are 100% Juice

Harrisburg Dairy, Harrisburg PA

FEBRUARY 2024 SNACK MENU: 2-5

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						Ritz crackers	2oz	Cottage cheese	2oz
						Milk	4oz	100% fruit juice	4oz
Gold fish	2oz	Yogurt	2oz	Whole grain cinnamon toast	2oz	String cheese	1oz	Baby carrots	1/2c
Milk	4oz	100% fruit juice	4oz	Milk	4oz	100% fruit juice	4oz	Milk	4oz
Ritz crackers	2oz	Yogurt	2oz	Animal crackers	2oz	Mandarin orange segments	1/2c	String cheese	1oz
Milk	4oz	100% fruit juice	4oz	Milk	4oz	Milk	4oz	100% fruit juice	4oz
PRESIDENTS DAY		Yogurt	2oz	Whole grain cinnamon toast	1oz	Cottage cheese	2oz	Baby carrots	1/2c
		100% fruit juice	4oz	Milk	4oz	100% fruit juice	4oz	Milk	4oz
Animal crackers	2oz	Yogurt	2oz	Graham crackers	2oz	Mandarin orange segments	1/2c		
Milk	4oz	100% fruit juice	4oz	Milk	4oz	Milk	4oz		

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

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