League of Extraordinary Children

FEBRUARY 2023

Breakfast Menu

KEY:
** 12 months to 23 months receive whole milk

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	2 Cheerios Orange Slices 1% Unflavored Fat Free Milk	3 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk
6 Whole Wheat Croissant Butter Pineapples 1% Unflavored Fat Free Milk	7 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	8 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	9 Whole Grain Waffle Strawberries 1% Unflavored Fat Free Milk	10 Whole Grain English Muffin Cream Cheese/Butter Pineapples 1% Unflavored Fat Free Milk
13 Rice Krispies Cereal Bananas 1% Unflavored Fat Free Milk	14 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	15 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	16 Whole Grain English Muffin Cream Cheese/Butter Pineapples 1% Unflavored Fat Free Milk	17 Whole Grain Waffle Peaches 1% Unflavored Fat Free Milk
20 **CLOSED**	21 Multi-grain Cheerios Strawberries 1% Unflavored Fat Free Milk	22 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	23 Cheerios Orange Slices 1% Unflavored Fat Free Milk	24 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk
27 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	28 Rice Krispies Cereal Bananas 1% Unflavored Fat Free Milk			

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Lunch Menu

**** KEY:**
Mixed Vegetables: Carrots, Green Peas, and Corn

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lentil Soup White Rice Green Peas Pineapple 1% Unflavored Fat Free Milk	2 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	3 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
6 Mac & Cheese (real cheese) Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	7 Hot Dog Hot Dog Bun Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	8 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	9 Whole Grain Brown Rice Split Pea Cucumber Banana 1% Unflavored Fat Free Milk	10 Baked Chicken Nuggets Baked Shoe-String Potato Fry Carrots Peach Slices 1% Unflavored Fat Free Milk
13 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	14 Black Beans White Rice Carrots Pineapples 1% Unflavored Fat Free Milk	15 Yellow Rice Vienna Sausage on the side Green Beans Peach Slices 1% Unflavored Fat Free Milk	16 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	17 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
20 **CLOSED**	21 Black Beans White Rice Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	22 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	23 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	24 Baked Chicken Nuggets Baked Shoe-String Potato Fry Carrots Peach Slices 1% Unflavored Fat Free Milk
27 Black Beans White Rice Carrots Pineapples 1% Unflavored Fat Free Milk	28 Whole Grain Brown Rice Lentil Soup Cucumber Banana 1% Unflavored Fat Free Milk			

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P.M. Snack Menu

KEY:
** 12 months to 23 months receive whole milk

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fat Free Strawberry Jell-O Bananas 1% Unflavored Fat Free Milk	2 Pretzels Raisins Peaches 1% Unflavored Fat Free Milk	3 Granola Bar: Chocolate Chip Strawberries 1% Unflavored Fat Free Milk
6 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	7 Baked Potato Chips Apples 1% Unflavored Fat Free Milk	8 Whole Grain Cheez-it Pears 1% Unflavored Fat Free Milk	9 Chocolate Chip Sugar Free Cookies Strawberries 1% Unflavored Fat Free Milk	10 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk
13 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk	14 Applesauce Bananas 1% Unflavored Fat Free Milk	15 Chocolate Chip Sugar Free Cookies Strawberries 1% Unflavored Fat Free Milk	16 Fat Free Strawberry Jell-O Bananas 1% Unflavored Fat Free Milk	17 Pretzels Raisins Peaches 1% Unflavored Fat Free Milk
20 **CLOSED**	21 Mozzarella Cheese 5 Saltine Crackers Orange Slices 1% Unflavored Fat Free Milk	22 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	23 Whole Grain Rice Krispie Bananas 1% Unflavored Fat Free Milk	24 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk
27 Whole Grain Cheez-it Pears 1% Unflavored Fat Free Milk	28 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk			