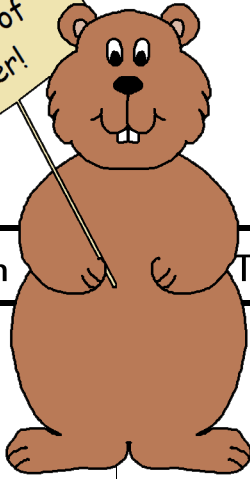



February

6 more weeks of winter!



Meals are subject to change. An alternate snack is served when selected snack is inappropriate for children under age three. EmBe's childcare centers strive to be peanut free. 100% Fruit Juice and/or water is served with snacks. Water is available in classrooms and with all meals. Whole grain items are identified as WG.

Mon	Tue	Wed	Thu	Fri
				1 Cold Cereal Orange Juice Milk Chicken & Rice Casserole WG Dinner Roll Green Beans/Applesauce Milk WG Goldfish & Milk
4 Cold Cereal Orange Juice Milk Chili Saltines Corn Peaches Milk Wheat Thins, Applesauce & Water	5 Breakfast Pizza Orange Juice Milk Sloppy Joes on a WG Bun Green Beans Pears Milk WG Elf Grahams, Yogurt & Water	6 Cold Cereal Orange Juice Milk Chicken Nuggets WG Dinner Roll Carrots Mandarin Oranges Milk WG Cheez-Its & Milk	7 Whole Grain Biscuit & Jelly Orange Juice Milk Meatballs WG Dinner Roll Peas Applesauce Milk WG Goldfish Crackers & Milk	8 Cold Cereal Orange Juice Milk Baked Chicken on a WG Bun Baked Beans Pineapple Milk Chex Mix, Applesauce & Water
11 Cold Cereal Orange Juice Milk Spaghetti WG Dinner Roll Mixed Veggies Peaches Milk Cheese Sandwich & Water	12 WG English Muffin & Jelly Orange Juice Milk Chicken Tacos Lettuce & Cheese Pineapple Milk Animal Crackers & Milk	13 Cold Cereal Orange Juice Milk Meatloaf WG Dinner Roll Peas Pears Milk WG Elf Grahams, Yogurt & Water	14 WG Chocolate Muffin Orange Juice Milk Hamburger on a WG Bun Baked Beans Applesauce Milk WG Goldfish Crackers & Milk	15 Cold Cereal Orange Juice Milk Chicken Nuggets WG Dinner Roll Carrots Mandarin Oranges Milk WG Cheez-Its, Pears & Water
18 Cold Cereal Orange Juice Milk Hot Dog on a WG Bun Corn Applesauce Milk WG Goldfish Pretzels, Pears & Water	19 Breakfast Sticks Orange Juice Milk Baked Chicken on a WG Bun Green Beans Fresh Banana Milk Wheat Thins & Milk	20 Cold Cereal Orange Juice Milk Chicken & Rice Casserole WG Dinner Roll Peas Pears Milk Animal Crackers, Peaches & Water	21 Breakfast Pizza Orange Juice Milk Cook's Choice WG Dinner Roll Carrots Peaches Milk Chex Mix & Milk	22 Cold Cereal Orange Juice Milk Pizza Hotdish WG Dinner Roll Mixed Veggies Mandarin Oranges Milk WG Cheez-Its, Pears & Water
25 Cold Cereal Orange Juice Milk Meatloaf WG Dinner Roll Green Beans Pears Milk Wheat Thins, String Cheese & Water	26 Bagel & Jelly Orange Juice Milk Ribs on a WG Bun Carrots Applesauce Milk WG Elf Grahams & Milk	27 Cold Cereal Orange Juice Milk Beef & Rice Casserole WG Dinner Roll Peas Peaches Milk Saltines, String Cheese & Water	28 Breakfast Muffin Orange Juice Milk Breaded Chicken on a WG Bun Corn Mandarin Oranges Milk WG Goldfish Crackers & Milk	 FEBRUARY