

# FEBRUARY 2022

# Trinity Learning Center

SUN

MON







TUES

WED

THUR

FRI

SAT

WEEK 1		1	2	3	4	USDA Child nutrition programs are available to all children without regard to race, national origin, sex, age, or disability  For One's substitutions For hard fresh fruits or veggies...  cooked carrots applesauce and other soft fruits or veggies Meats are quartered
<b>BREAKFAST</b> 7:30 – 8:30  <b>LUNCH</b> 10:30 – 12:30  <b>SNACK</b> 2:00 – 3:00		English Muffin and Jelly Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and above  Glazed Chicken CN Fresh Broccoli Pineapple Rings W. Wheat Roll Whole Milk 12-23 M 1% Milk Twos and above  Cucumber Slices & Dip W. Wheat Crackers Water	Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and above  Pulled Chopped Pork CN Potato Salad HM Sliced Peaches W. Wheat Roll Whole Milk 12-23 M 1% Milk Twos and above  Craisins and Raisins Mozzarella Cheese Stick Water	Cheddar Cheese Toast Applesauce Whole Milk 12-23 M 1% Milk Twos and above  Beef Spaghetti D03 W. Wheat Noodles Green Beans Sliced Pears Whole Milk 12-23 M 1% Milk Twos and above  Fresh Oranges Goldfish Crackers Water	Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M 1% Milk Twos and above  Beef Taco HM D-24 Corn Taco Shell Glazed Carrots Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above  Bran Muffin Vanilla Yogurt Water	
<b>BREAKFAST</b> 7:30 – 8:30  <b>LUNCH</b> 10:30 – 12:30  <b>SNACK</b> 2:00 – 3:00	7 W. Wheat English Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above  Turkey Corn Dogs CN Pinto Beans Tropical Fruit Whole Milk 12-23 M 1% Milk Twos and above  W. Wheat Crackers 100% Fresh Juice	8 Cheddar Cheese Toast Apple Sauce Whole Milk 12-23 M 1% Milk Twos and above  Chicken Biscuit Pie D-11 Pineapple Rings Fresh Broccoli Whole Milk 12-23 M 1% Milk Twos and above  Cucumber Slices Cheddar Cheese Cube Water	9 Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M 1% Milk Twos and above  Meat Loaf CN Mashed Potatoes/Gravy Sliced Peaches W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and above  Fresh Orange Slices Ritz Crackers Water	10 Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and above  Chili Con Carne D25 Green Beans Sliced Pears Jiffy Corn Bread Whole Milk 12-23 M 1% Milk Twos and above  Carrots and Ranch Dip Cheez-it Crackers Water	11 Raisin Bread Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and above  Chicken Taco HM D-24 Corn Taco Shell Glazed Carrots Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above  Vanilla Yogurt Granola Water	CN – Child Nutrition HM – Home Made If Fresh Fruit is out of season Frozen can be used instead.  Cereals contain less than 6 grams of sugar per serving.  No Fried Foods  Water is served throughout the day as needed
<b>BREAKFAST</b> 7:30 – 8:30  <b>LUNCH</b> 10:30 – 12:30  <b>SNACK</b> 2:00 – 3:00	14 Blue Berry Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above  Beef Slider on Bun CN Pinto Beans Tropical Fruit Whole Milk 12-23 M 1% Milk Twos and above  W. Wheat Waffle 100% Fresh Juice  	15 English Muffin and Jelly Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and above  Chicken & Rice D7 Fresh Broccoli Pineapple Rings W. Wheat Roll Whole Milk 12-23 M 1% Milk Twos and above  Cucumber Slices & Dip W. Wheat Crackers Water	16 Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and above  Meatballs CN Mashed Potatoes/Gravy Sliced Peaches W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and above  Craisins and Raisins Mozzarella Cheese Stick Water	17 Cheddar Cheese Toast Applesauce Whole Milk 12-23 M 1% Milk Twos and above  Beef Smokies CN W. Wheat Mac & Cheese Green Beans Sliced Pears Whole Milk 12-23 M 1% Milk Twos and above  Fresh Oranges Goldfish Crackers Water	18 Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M 1% Milk Twos and above  Beef Taco HM D-24 Corn Taco Shell Glazed Carrots Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above  Vanilla Yogurt Bran Muffin Water	<u>UN-FLAVORED</u> Milk servings: 12-23 months 1/2 cup (whole) 2-5 years 1/4 cup (1%) 6-12 years 1 cup (1%)  Grain servings: 1-2 years 1/2 ounce 3-5 years 1/2 ounce 6-12 years 1/2 ounce
<b>BREAKFAST</b> 7:30 – 8:30  <b>LUNCH</b> 10:30 – 12:30  <b>SNACK</b> 2:00 – 3:00	<b>CLOSED</b> <b>TEACHER</b> <b>IN-SERVICE</b> <b>AND</b> <b>TRAINING</b>  	22 Cheddar Cheese Toast Apple Sauce Whole Milk 12-23 M 1% Milk Twos and above  Roasted Chicken Leg Fresh Broccoli Pineapple Rings W. Wheat Roll Whole Milk 12-23 M 1% Milk Twos and above  Cucumber Slices Cheddar Cheese Cube Water	23 Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M 1% Milk Twos and above  Beef Lasagna CN Green Beans Sliced Peaches W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and above  Fresh Orange Slices Ritz Crackers Water	24 Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and above  Beef Salisbury Steak CN Black Eyed Peas Brown Rice Sliced Pears Whole Milk 12-23 M 1% Milk Twos and above  Carrots and Ranch Dip Cheez-it Crackers Water	25 Raisin Bread Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and above  Chicken Taco HM D-24 Corn Taco Shell Glazed Carrots Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above  Vanilla Yogurt Granola Water	Meat servings: 1-2 years 1 ounce 3-5 years 1 1/2 ounce 6-12 years 2 ounce  Fruit/Vegetable servings 1-2 years 1/8 ounce each 3-5 years 1/4 ounce each 6-12 years 1/2 ounce each
<b>BREAKFAST</b> 7:30 – 8:30  <b>LUNCH</b> 10:30 – 12:30  <b>SNACK</b> 2:00 – 3:00	28 Blue Berry Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above  Chicken Nuggets CN Pinto Beans Tropical Fruit W. Wheat Roll Whole Milk 12-23 M 1% Milk Twos and above  W. Wheat Waffle 100% Fresh Juice	Love is in the AIR!  	In like a Lion...  	  Out like a Lamb...	