



# Sweet Beginnings Early Learning Center

## February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>BREAKFAST:</b> English Muffin, apples, milk <b>LUNCH:</b> Broccoli & cheese soup, turkey roll-up, mixed fruit, milk <b>SNACK:</b> Cottage cheese & pretzels	2 <b>BREAKFAST:</b> Biscuits & gravy, blueberries, milk <b>LUNCH:</b> Chicken salad croissants, cucumbers, oranges, milk <b>SNACK:</b> Animal crackers & milk	3 <b>BREAKFAST:</b> Cinnamon toast, apple sauce, milk <b>LUNCH:</b> Beef stroganoff, corn, apples, milk <b>SNACK:</b> String cheese & crackers
6 <b>BREAKFAST:</b> Rice krispies, banana, milk <b>LUNCH:</b> Hamburger pizza green beans, apples, milk <b>SNACK:</b> Roasted chick peas & carrots	7 <b>BREAKFAST:</b> Pancakes, blueberries, milk <b>LUNCH:</b> Cucumber ranch turkey wrap, peaches, milk <b>SNACK:</b> Chex-mix & milk	8 <b>BREAKFAST:</b> Bagel w/cream cheese, oranges, milk <b>LUNCH:</b> Tomato soup, grilled ham & cheese sandwich, grapes, milk <b>SNACK:</b> Graham crackers & yogurt	9 <b>BREAKFAST:</b> Oatmeal, pears, milk <b>LUNCH:</b> Taco salad w/beef, tortilla shell, tomatoes, lettuce, melon, milk <b>SNACK:</b> Goldfish & milk	10 <b>BREAKFAST:</b> Cinnamon roll, melon, milk <b>LUNCH:</b> Tuna casserole w/peas, mixed fruit, milk <b>SNACK:</b> String cheese & crackers
13 <b>BREAKFAST:</b> Corn flakes, banana, milk <b>LUNCH:</b> Goulash w/beef, corn, pears, milk <b>SNACK:</b> Goldfish & celery	14 <b>BREAKFAST:</b> Waffles, pineapple, milk <b>LUNCH:</b> Ham & cheese slider, cucumbers, apples, milk <b>SNACK:</b> Heart rice krispy treat & milk	15 <b>BREAKFAST:</b> English Muffin, peaches, milk <b>LUNCH:</b> Chicken noodle soup w/ mixed veggies, oranges, milk <b>SNACK:</b> Cottage cheese & pretzels	16 <b>BREAKFAST:</b> Biscuits & gravy, blueberries, milk <b>LUNCH:</b> Turkey sub sandwich, carrots, applesauce, milk <b>SNACK:</b> Cheese sandwich & milk	17 <b>BREAKFAST:</b> Cinnamon toast, pears, milk <b>LUNCH:</b> Cheesy chicken & rice, broccoli, mixed fruit, milk <b>SNACK:</b> String cheese & crackers
20 <b>BREAKFAST:</b> Bran flakes, banana, milk <b>LUNCH:</b> Chicken quesadillas, corn, melon, milk <b>SNACK:</b> Apples & yogurt	21 <b>BREAKFAST:</b> Pancakes, peaches, milk <b>LUNCH:</b> Lemon pepper fish, roll, carrots, oranges, milk <b>SNACK:</b> Chex-mix & milk	22 <b>BREAKFAST:</b> Bagel w/cream cheese, applesauce, milk <b>LUNCH:</b> Chili, saltine crackers, peas, pears, milk <b>SNACK:</b> Roasted chick peas & cucumbers	23 <b>BREAKFAST:</b> Oatmeal, blueberries, milk <b>LUNCH:</b> BBQ chicken, mashed potatoes, grapes, breadstick, milk <b>SNACK:</b> Animal crackers & milk	24 <b>BREAKFAST:</b> Cinnamon roll, kiwi, milk <b>LUNCH:</b> Cheeseburger casserole, green beans, mixed fruit, milk <b>SNACK:</b> String cheese & crackers
27 <b>BREAKFAST:</b> Cheerios, banana, milk <b>LUNCH:</b> Sloppy joes w/bun, peas, peaches, milk <b>SNACK:</b> Cucumbers & cottage cheese	28 <b>BREAKFAST:</b> Waffles, oranges, milk <b>LUNCH:</b> Ham, mashed potatoes, roll, apples, milk <b>SNACK:</b> Oatmeal cookie & milk			

