

MENUS FOR FEBRUARY 2016

LCS HUTCHERSON EARLY LEARNING CENTER

This institution is an equal opportunity provider. Menus are subject to change.



I am the letter

Q

question

Weekly Breakfast Menus

February 1–5

Monday: Cereal & Grahams
 Tues: Breakfast Chicken Sandwich
 Wednesday: Cereal & Grahams
 Thursday: Pillsbury WG Mini Cinnis
 Friday: Breakfast Quesadilla

Feb 8–12 & Feb 22-26

Monday: Kellogg's WG Pop Tart
 Tuesday: Cereal & Grahams
 Wed: Pillsbury WG Mini Pancakes
 Thursday: Cereal & Grahams
 Friday: WG Flap Stick

Breakfast includes:
 Fruit Juice & 8 oz of Milk

Monday, February 1

Lunch Entrées
 (Choose 1)
 Hot Dog on WG Bun
 or
 Jamwich PB&J

Lunch Sides
 (All Included)
 Southern Baked Beans
 Steamed Mixed Vegetables
 Chilled Applesauce

Tuesday, February 2

Lunch Entrées
 (Choose 1)
 Hot Ham & Cheese on WG Bagel
 or
 Jamwich PB&J

Lunch Sides
 (All Included)
 Crispy Tater Rounds
 V-Blend Juice
 Baked Apples

Wednesday, February 3

Lunch Entrées
 (Choose 1)
 Cheesy Turkey Nachos
 or
 Jamwich PB&J

Lunch Sides
 (All Included)
 Golden Sweet Corn
 Refried Beans
 Fresh Apple Slices

Thursday, February 4

Lunch Entrées
 (Choose 1)
 Crispy Fish Shapes
 or
 Jamwich PB&J

Lunch Sides
 (All Included)
 Chicken Vegetable Soup
 Romaine Garden Salad
 Chilled Sliced Pears

Friday, February 5

Lunch Entrées
 (Choose 1)
 Chicken Patty on WG Bun
 or
 Jamwich PB&J

Lunch Sides
 (All Included)
 Steamed Broccoli
 Shoe String Oven Fries
 Chilled Diced Peaches

Monday, February 8

Lunch Entrées
 (Choose 1)
 Corn Dog Nuggets
 or
 Jamwich PB&J

Lunch Sides
 (All Included)
 Succotash (Limas & Corn)
 Creamy Cole Slaw
 Chilled Mixed Fruit

Tuesday, February 9

Lunch Entrées
 (Choose 1)
 Herb Roasted Chicken w/Dinner Roll
 or
 Jamwich PB&J Combo Meal

Lunch Sides
 (All Included)
 Green Beans
 Mashed Potatoes w/Gravy
 Chilled Applesauce

Wednesday, February 10

Lunch Entrées
 (Choose 1)
 Max Sticks w/Pizza Dipping Sauce
 or
 Jamwich PB&J Combo Meal

Lunch Sides
 (All Included)
 Campbell's Tomato Soup
 Romaine Garden Salad
 Fresh Apple Slices

Thursday, February 11

Lunch Entrées
 (Choose 1)
 Chicken Tenders
 or
 Jamwich PB&J Combo Meal

Lunch Sides
 (All Included)
 Steamed Broccoli Florets
 Seasoned Pinto Beans
 Mandarin Orange Sections

Friday, February 12

Lunch Entrées
 (Choose 1)
 Pizza Slice
 or
 Jamwich PB&J Combo Meal

Lunch Sides
 (All Included)
 Fresh Celery Sticks
 Crispy Tater Rounds
 Chilled Pineapple Tidbits



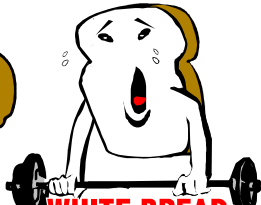
Every complete meal we serve comes with your choice of lowfat or nonfat milk!



Powerhouse!



**100% WHOLE WHEAT:
3 GRAMS PER SLICE**



**WHITE BREAD:
.8 GRAMS PER SLICE**

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 15

Tuesday, February 16

Wednesday, February 17

Thursday, February 18

Friday, February 19



Monday, February 22

Tuesday, February 23

Wednesday, February 24

Thursday, February 25

Friday, February 26

Lunch Entrées
(Choose 1)
Chicken Nuggets
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Southern Baked Beans
Creamy Cole Slaw
Juicy Sliced Oranges

Lunch Entrées
(Choose 1)
Breakfast for Lunch
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Hash Brown Patty
V-Blend Juice
Cinnamon Baked Apples

Lunch Entrées
(Choose 1)
Chicken Patty on WG Bun
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Golden Sweet Corn
Shoe String Oven Fries
Fresh Apple Slices

Lunch Entrées
(Choose 1)
Toasted Cheese Sandwich
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Chicken Vegetable Soup
Romaine Garden Salad
Chilled Diced Pears

Lunch Entrées
(Choose 1)
Pizza Slice
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Steamed Broccoli
Baby Carrots w/Ranch Dip
Chilled Diced Peaches

Monday, February 29

Lunch Entrées
(Choose 1)
Cheeseburger on WG Bun
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Succotash (Limas & Corn)
Creamy Cole Slaw
Chilled Mixed Fruit



IT TAKES THE EARTH 365¼ DAYS TO COMPLETE AN ORBIT AROUND THE SUN.

THAT'S WHY WE ADD A 366TH DAY (FEBRUARY 29th) IN EVERY YEAR THAT CAN BE DIVIDED EVENLY BY 4.

BUT THAT STILL LEAVES US OFF BY ABOUT 11 MINUTES EVERY YEAR.

SO CENTURY YEARS ONLY HAVE A LEAP YEAR IF THEY CAN BE DIVIDED EVENLY BY 400.

THAT'S WHY THE YEAR 2000 HAD A LEAP YEAR, BUT 1900 DID NOT, AND NEITHER WILL 2100.

GOT ALL THAT?