



February 2020

Cold "Simple Serve" Breakfast Monthly Meal Planner					
Simple Serve Bfast	Monday	Tuesday	Wednesday	Thursday	Friday
REVISED: 1-13-2020	4	5	6	7	7
Week 1					
1 cup Milk, fluid	Milk	Milk	Milk	Milk	Milk
1 cup fruit, or	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg, 100% juice					
2 oz. grain or 1 oz.	WG Cereal Bar	WG Muffin (Assorted)	WG Donut Wunder Ring	WG Pillsbury Bagel Stick	WG Toaster Pastry
& 1 oz. meat/alt	WG Grahams	Cheese Stick			WG Grahams
Week 2	10	11	12	13	14 Valentine's Day
1 cup Milk, fluid	Milk	Milk	Milk	Milk	
1 cup fruit, or	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	
Veg, 100% juice					
2 oz. grain or 1 oz.	WG Cereal Bar	WG Granola	WG Nutri-Grain Bar	WG Wild Berry Bread	
& 1 oz. meat/alt	WG Grahams	Yogurt	WG Grahams		NO SCHOOL
Week 3	17	18	19	20	21
1 cup Milk, fluid		Milk	Milk	Milk	Milk
1 cup fruit, or	Presidents' Day	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg, 100% juice	NO SCHOOL				
2 oz. grain or 1 oz.		WG Toaster Pastry	WG Cinnamon Roll	WG EZ Jammer	WG Granola Bar
& 1 oz. meat/alt		WG Grahams			Yogurt
Week 4	24	25	26	27	28
1 cup Milk, fluid	Milk	Milk	Milk	Milk	Milk
1 cup fruit, or	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Veg, 100% juice					
2 oz. grain or 1 oz.	WG Cereal Bowl	WG Pillsbury Bagel Stick	WG Chocolate Chip Oatmeal Bar	WG Cinnamon Texas Toast	WG Nutri-Grain Bar
& 1 oz. meat/alt	WG Grahams		WG Grahams		WG Grahams
Week 5					
1 cup Milk, fluid					
1 cup fruit, or					
Veg, 100% juice					
2 oz. grain or 1 oz.					
& 1 oz. meat/alt					
					Assorted Fruit can be: Dried fruit -- raisins or craisins Fruit cup (4 oz) variety Juice box (4 oz variety) Fresh fruit variety



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NSLP	Monday	Tuesday	Wednesday	Thursday	Friday
REVISED:					
1-13-2020					
Week 1					
M/MA 1 - 2 oz eq	Chili Cheese Coney	BBQ Chicken Breast w/ cheese	Mac-N-Cheese	Scrambled Egg Patty w/ cheese	Chicken Philly Sandwich w/ cheese
Fruit 1/2 - 1 c	Sliced Apples	Mandarin Oranges	Mixed Fruit	Berries	Peaches
Veg 3/4 - 1 c	Vgtrn Cooked Beans/Baby Carrots	Cooked Broccoli/Coleslaw	Garden Sala/Cherry Tomatoes	Potatoes	Swt Potato Fries/Peppers & Onions
Grains 1 - 2 oz eq	WG Hot Dog Bun	WG Hamburger Bun	WG Bread Slice(s)	WG Waffle(s)	WG Hot Dog Bun
Milk 1 c. (8 oz)	Milk	Milk	Milk	Milk	Milk
Week 2					
M/MA 1 - 2 oz eq	Hamburger w/ cheese	Maple Chicken & Waffles	Chicken Nuggets	Walking Taco w/ cheese	14 Valentine's Day
Fruit 1/2 - 1 c	Pears	Berries	Peaches	Mixed Fruit	
Veg 3/4 - 1 c	Potatoes	Sweet Potatoes	Vgtrn Cooked Beans/Baby Carrots	Shredded Lettuce/Corn/Salsa	NO SCHOOL
Grains 1 - 2 oz eq	WG Hamburger Bun	WG Waffle(s)	WG Bread Slice(s)	WG Chips	
Milk 1 c. (8 oz)	Milk	Milk	Milk	Milk	
Week 3					
M/MA 1 - 2 oz eq		BBQ Chicken Breast w/ cheese	Salisbury Steak w/ gravy	Corn Dog	Beef Pepperoni Calzone
Fruit 1/2 - 1 c	Presidents' Day	Sliced Apples	Berries	Pears	Melon
Veg 3/4 - 1 c	NO SCHOOL	Mixed Vegetables/Coleslaw	Potatoes/Cucumber Slices	Vgtrn Cooked Beans/Baby Carrots	Dark Green Salad/Tomatoes
Grains 1 - 2 oz eq		WG Hamburger Bun	WG Bread Slice(s)	Cornmeal Breading (chips/snack)	WG Calzone Crust
Milk 1 c. (8 oz)		Milk	Milk	Milk	Milk
Week 4					
M/MA 1 - 2 oz eq	Hamburger w/ cheese	Breakfast Sausage	Walking Taco w/ cheese	Chicken Tenders	Chicken Fajita w/ cheese
Fruit 1/2 - 1 c	Peaches	Berries	Mixed Fruit	Sliced Apples	Mandarin Oranges
Veg 3/4 - 1 c	Potatoes	Sweet Potatoes	Shredded Lettuc/Corn/Salsa	Drk Green Salad/Tomatoes	RF Beans/Shredded Lettuce/Salsa
Grains 1 - 2 oz eq	WG Hamburger Bun	WG Waffle(s)	WG Chips	WG Bread Slice(s)	WG Tortilla(s)
Milk 1 c. (8 oz)	Milk	Milk	Milk	Milk	Milk
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