




Center Menu

February 2021

Pre-K

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>National Heart Month: Take Care of Your Heart by eating healthy, exercising getting plenty of sleep.</p>  <p>National Children's Dental Health Month: Visit your dentist to get a checkup, brush your teeth for two minutes twice a day.</p> 	<p>1. WG Breakfast Burrito Fresh Fruit, Milk</p> <p>Burrito: Seasoned Pinto Beans Shredded Cheese, WW Tortilla Salsa, Fresh Fruit Milk</p> <p>Bagel Fruit</p>	<p>2. Cereal, Fruit Milk</p> <p>Beef Patty WW Bun, Lettuce Tomato, Fresh Fruit Milk</p> <p>Yogurt Crackers</p>	<p>3. WG Pancakes, Fruit w/Cinnamon, Milk</p> <p>PB&J Sandwich Sliced Cheese Broccoli Florets, Dressing Fresh Fruit, Milk</p> <p>Muffin Milk</p>	<p>4. Cereal, Fresh Fruit Milk</p> <p>WG Fish Sticks, Tartar Sauce WW Bread, Mixed Vegetables Fresh Fruit Milk</p> <p>Boiled Eggs Fruit</p>	<p>5. English Muffin, Preserves Fresh Fruit, Milk</p> <p>Turkey Wrap: Sliced Turkey Sliced Cheese, WW Tortilla Green Salad w/ Fresh Spinach Dressing, Fresh Fruit, Milk</p> <p>WG Cheez-its Juice</p>
	<p>8. Holiday</p> 	<p>9. Raisin Toast, Fruit Milk</p> <p>WW PBJ Sandwich, Sliced Cheese, Cucumber Dressing Fruit, Milk</p> <p>Cottage Cheese Fruit</p>	<p>10. Bagel, Cream Cheese, Fruit Milk</p> <p>Sliced Turkey, Sliced Cheese WG Roll, Shredded Lettuce Sliced Tomatoes, Fresh Fruit Milk</p> <p>WW Crackers Milk</p>	<p>11. WW Waffle Sticks, Fruit Milk</p> <p>WG Spaghetti w/ Meat Sauce Shredded Cheese, Green Salad Dressing, Fresh Fruit Milk</p> <p>Yogurt Fruit</p>	<p>12. WG Pancakes, Fruit w/Cinnamon, Milk</p> <p>Chicken Salad WW Tortilla Salsa, Fresh Fruit Milk</p> <p>WW Chex Snacks Fruit</p>
	<p>15. Holiday</p> 	<p>16. Muffin, Fruit Milk</p> <p>Sliced Turkey, Sliced Cheese WW Bread, Sliced Tomato Dressing, Fresh Fruit Milk</p> <p>Egg Salad WW Bread</p>	<p>17. WW Toast, Preserves, Fruit Milk</p> <p>WW PBJ Sandwich Sliced Cheese, Broccoli Florets Dressing, Fresh Fruit Milk</p> <p>Cereal Milk</p>	<p>18. Raisin Bread, Fruit w/Cinnamon, Milk</p> <p>WG Chicken Patty WW Bun, Seasoned Potatoes, Fruit Milk</p> <p>Yogurt Fruit</p>	<p>19. WG Breakfast Burrito Fresh Fruit, Milk</p> <p>Tuna Pasta Salad WW Bread, Cucumber Coins Dressing, Fruit Milk</p> <p>WW Quesadilla Juice</p>
<p>CAPK Central Kitchen does not serve Pork or any Pork Products</p>	<p>22. WW Waffle Sticks, Fresh Fruit Milk</p> <p>WW PBJ Sandwich Sliced Cheese Zucchini Sticks Dressing, Fruit Milk</p> <p>Yogurt Fruit</p>	<p>23. English Muffin, Preserves Fresh Fruit, Milk</p> <p>Salisbury Steak w/Gravy WW Bread Mashed Potatoes Fresh Fruit Milk</p> <p>WG Cheez-its Egg Salad</p>	<p>24. Bagel, Fruit Milk</p> <p>Chicken Salad WG Crackers Cucumber Coins Dressing, Fresh Fruit Milk</p> <p>WW Sandwich Milk</p>	<p>25. WG Pancakes, Fruit Milk</p> <p>Chicken Fettuccini WW Bread Steamed Broccoli Fresh Fruit Milk</p> <p>Cottage Cheese Fruit</p>	<p>26. Cereal, Fresh Fruit Milk</p> <p>Salad Bar: Chopped Turkey Shredded Cheese, Boiled Egg Green Salad w/ Spinach Dressing, WW Chex Snacks Fruit, Milk</p> <p>WG Crackers Fruit</p>
<p>This institution is an equal opportunity provider and employer</p>					

Water will be offered throughout the day

Served with 1% Unflavored Milk

Menu Subject to Change