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Early Intervention Program - Ages 1 and 2

CACFP

Feb-16

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Monday</b> <b>Breakfast:</b> Rice Krispies 1/4 cup Peach 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Stir-fry Beef 1 oz Rice 1/4 cup Broccoli 1/4 cup Mandarin Oranges 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Milk* 1/2 cup Wheat Thin Crackers 0.5 oz	<b>Tuesday</b> <b>Breakfast:</b> Wheat Pancake (1) w/ Lite Syrup Banana 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Southern Baked Chicken 1 oz Macaroni and Cheese 1/3 cup Lima Beans 1/4 cup Grapes 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Cheerios 1/4 cup 100% Apple Juice 1/2 cup	<b>Wednesday</b> <b>Breakfast:</b> Toast (1/2 slice) w/ Jelly Watermelon 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Beef Hamburger 1 oz Dinner Roll 1 oz Sweet Potato Fries 1/4 cup Apple Slices 1/4 cup Milk* 1/2 cup  <b>Snack:</b> String Cheese 1/2 oz Peach 1/2 cup	<b>Thursday</b> <b>Breakfast:</b> English Muffin (1/2) w/ Jelly Oranges mandarine 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Grilled Chicken 1 oz Wheat Bread 1/2 slice Plantains 1/4 cup Cantaloupe 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Graham Crackers 2 each Yogurt 2 oz	<b>Friday</b> <b>Breakfast:</b> French Toast (1/2) w/ Lite Syrup Apricot 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Lemon Turkey 1 oz WG Roll 1/2 Carrots 1/4 cup Strawberries 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Apple Muffin 1/2 Fruit 1/2 cup
<b>Week 2</b>	<b>Monday</b> <b>Breakfast:</b> Bagel (1/2) w/ Cream Cheese Peach 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Seasoned Beef 1 oz Tortilla 1/2 Corn 1/4 cup Tropical Fruit Cup 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Gold Fish Crackers 1/4 cup 100% Apple Juice 1/2 cup	<b>Tuesday</b> <b>Breakfast:</b> Waffle 1/2 w/ Lite Syrup Banana 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Teriyaki Chicken 1 oz Rice 1/4 cup Cabbage 1/4 cup Pears 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Milk* 1/2 cup Kix Cereal 1/4 cup	<b>Wednesday</b> <b>Breakfast:</b> WG Cheerios 1/2 oz Cantaloupe 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Meatsauce 2 oz Spaghetti 1/4 cup Cauliflower 1/4 cup Orange Manderine 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Blueberry Muffin 1/2 Yogurt 2 oz	<b>Thursday</b> <b>Breakfast:</b> Oatmeal 1/4 cup Pears 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Turkey and Cheese (1/2 oz each) Wheat Bread 1/2 slice Carrots 1/4 cup Honeydew 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Animal Crackers 0.5 oz Banana 1/2 cup	<b>Friday</b> <b>Breakfast:</b> WG English Muffin 1/2oz Apple Sauce 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Baked Chicken 1 oz WG Roll 1/2 Sweet Potatoes 1/4 cup Pineapple 1/4 cup Milk* 1/2 cup  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Early Dismissal</b>  <b>Feb 12th @ 1:00pm</b> </div>
<b>Week 3</b>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>President's Day</b> </div> 	<b>Monday</b> <b>Breakfast:</b> Wheat Pancake (1) w/ Lite Syrup Applesauce 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> BBQ Chicken 1 oz Wheat Bread 1/2 slice Sweet Potato 1/4 cup Grapes 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Cheerios 1/4 cup 100% Apple Juice 1/2 cup	<b>Tuesday</b> <b>Breakfast:</b> Toast (1/2 slice) w/ Jelly Watermelon 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Salisbury Steak 1 oz Dinner Roll 1 oz Corn 1/4 cup Apple Slices 1/4 cup Milk* 1/2 cup  <b>Snack:</b> String Cheese 1/2 oz Peach 1/2 cup	<b>Wednesday</b> <b>Breakfast:</b> English Muffin (1/2) w/ Jelly Oranges 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Chicken Parmesan 2 oz Pasta 1/4 cup Broccoli 1/4 cup Cantaloupe 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Graham Crackers 2 each Yogurt 2 oz	<b>Thursday</b> <b>Breakfast:</b> French Toast (1/2) w/ Lite Syrup Apricot 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Turkey Patty 1 oz WG Roll 1/2 Lima Beans 1/4 cup Strawberries 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Apple Muffin 1/2 Cucumber Slices 1/2 cup
<b>Week 4</b>	<b>Monday</b> <b>Breakfast:</b> Bagel (1/2) w/ Cream Cheese Peach 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Meatballs (2 each) w/ Gravy Rice 1/4 cup Squash 1/4 cup Applesauce 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Gold Fish Crackers 1/4 cup 100% Apple Juice 1/2 cup	<b>Tuesday</b> <b>Breakfast:</b> Waffle 1/2 w/ Lite Syrup Banana 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Grill Cheese Sandwich (1 oz Cheese + 1/2 WG Bread) Corn 1/4 cup Peaches 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Milk* 1/2 cup Kix Cereal 1/4 cup	<b>Wednesday</b> <b>Breakfast:</b> Toast (1/2 slice) w/ Jelly Cantaloupe 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Baked Herb Chicken 1 oz Wheat Bread 1/2 slice Black Beans 1/4 cup Orange Manderine 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Blueberry Muffin 1/2 Yogurt 2 oz	<b>Thursday</b> <b>Breakfast:</b> Oatmeal 1/4 cup Pears 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Pepper Steak 1 oz Dinner Roll 1/2 Carrots 1/4 cup Honeydew 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Animal Crackers 0.5 oz Banana 1/2 cup	<b>Friday</b> <b>Breakfast:</b> WG English Muffin 1/4 cup Apple Sauce 1/4 cup Milk* 1/2 cup  <b>Lunch:</b> Chicken Nuggets 1 oz Wheat Bread 1/2 slice Sweet Potatoes 1/4 cup Pineapple 1/4 cup Milk* 1/2 cup  <b>Snack:</b> String Cheese 1/2 oz Carrots 1/2 cup
<b>Week 5=3</b> Breakfast	<b>Monday</b> <b>Breakfast:</b> Rice Krispies 1/4 cup Pineapple 1/4 cup Milk* 1/2 cup 	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 2px solid black; border-radius: 50%; padding: 10px; text-align: center;">  <p>All children can learn!</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;">  <p>I love HEALTHY FOOD</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;">  <p>Promoting Healthy Living</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;">   </div>			
<b>Week 5=2</b> Lunch	<b>Monday</b> <b>Lunch:</b> Seasoned Beef 1 oz Tortilla 1/2 Corn 1/4 cup Tropical Fruit Cup 1/4 cup Milk* 1/2 cup  <b>Snack:</b> Gold Fish Crackers 1/4 cup 100% Apple Juice 1/2 cup				

\*Whole Milk for children between the ages of 1 and 2; 1% or Fat Free Milk of 1% Milk for children age 2 and older