

## GTCC Children's Center Menu February 1 - February 28, 2010

**February is National Grapefruit and Cherry month - we will have these 2 fruits for snack on Thur. Feb. 11<sup>th</sup>**



|                   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|-------------------|---|--|--|--|--|
| <b>Feb. 1 - 5</b> |   |  |  |  |  |
| <b>Breakfast</b>  | Milk<br>Cornflakes<br>Orange juice                                      | Milk<br>Blueberry muffins<br>Mixed fruit                                   | Milk<br>Cheese toast<br>Baked apples                                     | Milk<br>Grits<br>Scrambled eggs<br>White grape juice   | Milk<br>Waffles with syrup<br>Mandarin oranges                   |
| <b>Lunch</b>      | Milk<br>Cheese pizza<br>Tossed salad with dressing<br>Pineapple tidbits | Milk<br>Steak nuggets<br>Rice<br>Diced peaches<br>Green beans              | Milk<br>Salisbury steak<br>Mashed potatoes<br>Green peas<br>Sliced bread | Milk<br>Hamburger on bun<br>French fries<br>Apple sauce  | Milk<br>Turkey<br>Dressing<br>Sweet potatoes<br>Corn             |
| <b>PM Snack</b>   | Milk<br>Graham crackers   | Milk<br>Wheat thins  | Milk<br>Nutri grain bar  | Milk<br>Coffee cake  | Milk<br>Vanilla wafers   |
| <b>Feb. 8 -12</b> |   |  |  |  |  |
| <b>Breakfast</b>  | Milk<br>Cheerios<br>Orange juice  | Milk<br>Pancakes with syrup<br>Mixed fruit                                 | Milk<br>Oatmeal<br>Diced peaches   | Milk<br>Turkey sausage biscuit<br>Pineapple juice  | Milk<br>Toast and jelly<br>applesauce                            |
| <b>Lunch</b>      | Milk<br>Chicken nuggets<br>Rice<br>Diced pears<br>Mixed vegetables      | Milk<br>Spaghetti with meat sauce<br>Tossed salad<br>Corn<br>Italian bread | Milk<br>Grilled cheese sand.<br>Tomato soup<br>Crackers<br>Tater tots    | Milk<br>Beef hot dog with bun<br>Tater tots<br>Baked beans<br>Cole slaw<br><br>Ice water<br>Grapefruit and cherries<br>Ritz crackers | Milk<br>Grilled chicken patty<br>Potato smiles<br>Carrots<br>bun |
| <b>PM Snack</b>   | Milk<br>Teddy grahams   | Milk<br>Animal crackers  | Milk<br>Cheez-its  |  | Milk<br>Fig newtons  |

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|------------------------------|--|--|---|---|--|
| <b>Feb. 15 - 19</b>          | Milk<br>Rice krispies<br>Orange juice  | Milk<br>French toast<br>Applesauce   | Milk<br>Cheese toast<br>Fresh banana  | Milk<br>English muffin<br>Diced pears                                     | Milk<br>Biscuit with jelly<br>Pineapple juice                          |
| <b>Breakfast</b>             |  |  |   |   |  |
| <b>National Pancake Week</b> | Milk<br>Hoagie sandwich with turkey, ham, and cheese<br>French fries<br>Lima beans | Milk<br>Lasagna with meat sauce and cheese<br>Tossed salad<br>Pineapple tidbits<br>Italian bread | Milk<br>Scrambled eggs<br>Turkey sausage<br>Pancake with syrup<br>Tater tots<br>Diced peaches | Milk<br>Beanie weanies<br>Diced potatoes<br>Mandarin oranges<br>Cornbread | Milk<br>Sloppy joes<br>Green beans<br>French fries                     |
| <b>Lunch</b>                 |  |  |   |   |  |
| <b>PM snack</b>              | Milk<br>Mini bagel with cream cheese   | Milk<br>goldfish   | Milk<br>Animal crackers   | Water<br>Cheese cubes<br>Saltine crackers                                 | Milk<br>Oatmeal cookie   |
| <b>Feb. 22 - 26</b>          | Milk<br>Kix cereal<br>Orange juice   | Milk<br>Pancakes<br>Tropical fruit   | milk<br>toast and jelly<br>boiled egg<br>pineapple juice                                      | Milk<br>Banana bread<br>Applesauce  | Milk<br>Waffles<br>Diced pears   |
| <b>Breakfast</b>             |  |  |   |   |  |
| <b>Lunch</b>                 | Milk<br>Pizza burger<br>Green beans<br>Mixed fruit                                 | Milk<br>Taco with meat, cheese, and lettuce<br>Corn<br>Pineapple tidbits                         | milk<br>chicken pie<br>mixed vegetables<br>diced peaches<br>sliced bread                      | Milk<br>Pork BBQ on roll<br>Diced potatoes<br>Baked beans<br>Cole slaw    | Milk<br>Macaroni and cheese with diced ham<br>Carrots<br>Blackeye peas |
| <b>PM snack</b>              | Milk<br>Vanilla wafers   | Ice water<br>Fresh apples<br>Saltine crackers  | Milk<br>Trail mix   | Milk<br>Fresh broccoli with ranch dressing                                | Milk<br>Fig newtons  |
|                              |  |  |   |   |  |