



Week of: February 12th-February 16th

Kids 1-3 years old

Menu is subject to change upon availability of produce.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> • Cornstarch 	<ul style="list-style-type: none"> • Oatmeal 	<ul style="list-style-type: none"> • Mazamorra 	<ul style="list-style-type: none"> • Cream of Wheat 	<ul style="list-style-type: none"> • Cream of Corn
SNACK	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk
LUNCH	<ul style="list-style-type: none"> • Parmesan Crusted Tilapia • White Rice • Pink Beans w/Pumpkin 	<ul style="list-style-type: none"> • Pork Chops • Oven Roasted Potato 	<ul style="list-style-type: none"> • Stewed Rice w\Ham • Small Red Beans 	<ul style="list-style-type: none"> • Spaghetti w\Turkey Meatballs in Tomato Sauce 	<ul style="list-style-type: none"> • Crispy Oven Tenders • Rice & Beans

Starch (rice, potato, pasta etc.) portion consists of 1/3 cup cooked

Beans or vegetables portion consists of 1/3 cup cooked

Protein is 3onz raw which becomes 2onz cooked=1/4 cup cooked

Almidón (arroz, papa, pasta etc.) debe ser una porción de 1/3 taza ya cocido

Granos y Vegetales debe ser una porción de 1/3 taza ya cocida

Proteína es 3onz. crudas que se convierte en 2 onz= 1/4 taza cocida