

Happy Valentine's Day



Toddler House Menu

(Menu is subject to change upon availability of produce)

Week of: February 11th – February 15th

Kids 1-3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Oatmeal 	<ul style="list-style-type: none"> Cream of Wheat 	<ul style="list-style-type: none"> Cornstarch 	<ul style="list-style-type: none"> Mazamorra 	<ul style="list-style-type: none"> French Toast
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"> Eggless Brownies Milk 	<ul style="list-style-type: none"> Fruit Smoothie Milk
LUNCH	<ul style="list-style-type: none"> Stewed Rice w/Chicken (Arroz/Pollo) Pink Beans w/Pumpkin 	<ul style="list-style-type: none"> Meat Balls Spaghetti w\Tomato Sauce 	<ul style="list-style-type: none"> Mini Cordon Blue Rice w\Broccoli 	<ul style="list-style-type: none"> Create your own pizza party!!! (w\Veggies) 	<ul style="list-style-type: none"> Oven Fish Sticks White Rice Small Red Beans w/Pumpkin

Carbs (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

Carbohidratos (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

