



Begin With Us

Child Care and Preschool

FACILITY NAME: Begin With Us Child Care and Preschool, Inc.		WEEK OF: February 18-22, 2019			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal/Required Components	Food and Drink Served	Food and Drink Served	Food and Drink Served	Food and Drink Served	Food and Drink Served
Breakfast					
Milk Fruit/Vegetable, or portions of both Grain	Milk Applesauce Cereal* (WG)	Milk Peaches Waffles (WG)	Milk Pineapple English Muffins (WG)	Milk Fruit Cocktail French Toast Sticks (WG)	Milk Pears Pancakes (WG)
Lunch/Supper					
Milk Fruit Vegetable Grain Meat/meat alternate	Milk Pineapple Carrots Rice Chicken Tenders	Milk Pears Cauliflower Bun Pulled Pork Sandwich	Milk Peaches Peas Pasta Meat Sauce	Milk Pineapple Waxed Beans Noodles BBQ Chicken	Milk Fruit Cocktail Tomato Soup/Bakes Beans Bread Grilled Cheese
Afternoon Snack					
<i>(Choose two)</i> Milk Fruit Vegetable Grain Meat/meat alternate	Milk Cheese Sticks Ritz Crackers	Milk Celery Sticks Toddlers - Chex Mix	Milk Bananas	Milk Yogurt Granola	Milk Pretzels

*Cereal choices are whole grain (WG) and vary between puffed corn cereal, puffed rice cereal, and corn flakes.