
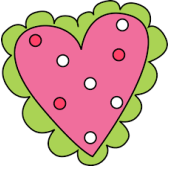

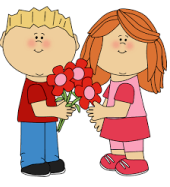
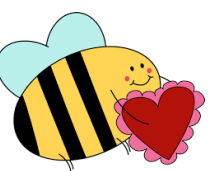


St. Paul Early Learning Center February 2023

MONDAY 	TUESDAY 	WEDNESDAY *1 B-pancakes/craisins/milk L-mac-n-cheese with diced ham/sweet peas/carrots/pineapple/milk S1-strawberry shortcake/water S2-goldfish/water	THURSDAY 2 B-muffins/milk L-baked ham/rolls/green beans/applesauce/milk S1-sb/b yogurt/cheerios/water S2-oatmeal cookies/water HAPPY GROUNDHOG DAY	FRIDAY 3 B-cheese toast/ham/milk L-meatloaf/creamed potatoes/field peas/mandarin oranges/milk S1-smores snack mix/water S2-animal crackers/water
6 B-kix cereal/blueberries/milk L-baked beans/baked beans/rolls/diced peaches/milk S1-string cheese/crackers/apple juice S2-vanilla wafers/water	7 B-biscuits/jelly/milk L-ham cheese on wheat/pinto beans/applesauce/milk S1-fig bar/milk S2-graham crackers/water	8 B-waffles/strawberries/milk L-chicken alfredo/green beans/pineapple/milk S1-wow butter/crackers/water S2-*cheezits/water	9 B-muffins/banana/milk L-chili with beef and beans/cheese/crackers/mandarin oranges/milk S1-van yogurt/cheerios/water S2-oatmeal cookies/water	10 B-cinnamon raisin toast/milk L-meatballs/rice and gravy/corn/diced pears/milk S1-snack mix/grape juice/water S2-oatmeal cookies/water
13 B-rice Krispie cereal/bb/milk L-chicken jambalaya/sweet peas/carrots/fruit cocktail/milk S1-cheese cubes/crackers/pineapple juice/milk S2-vanilla wafers/water	14 B-grits/milk L-turkey/cheese/ on wheat/steam broccoli/diced peaches/milk S1-valentine day snacks S2-leftover snacks/water HAPPY VALENTINES DAY	15 B-pancakes/craisins/milk L-red beans with brown rice/cornbread/pineapple/milk S1-strawberry shortcake/water S2-goldfish/water	16 B-muffins/mandarin oranges/milk L-chicken/cheese wraps/black beans/applesauce/milk S1-sb yogurt/cheerios/water S2-*cheezits/water	17 B-cheese toast/milk L-roast beef/creamed potatoes/field peas/diced pears/milk S1-salsa * chips/water S2-animal crackers/water
20 B-cornflakes/raisins/milk L-bbq chicken/rolls/baked beans/tropical fruit/milk S1-string cheese/crackers/grape juice/milk S2-vanilla wafers/water	FAT 21 TUESDAY B-biscuits/ham/milk L-chicken gumbo/rice/crackers/mandarin oranges/milk S1-king cake/milk S2-goldfish/water HAPPY MARDI GRAS	ASH 22 WEDNESDAY B-waffles/strawberries/milk L-grilled cheese/pinto beans/applesauce/milk S1-snack mix/water S2-graham crackers/water	23 B-muffins/apple slices/milk L-baked ham/rolls/sweet potatoes/diced pears/milk S1-vanilla yogurt/cheerios/water S2-animal crackers/water	24 B-cinnamon raisin toast/milk L-cheese pizza/corn/pineapple/milk S1-fig bars/milk S2-*cheezits/water
27 B-cheerios/nutrigrain bar/milk L-baked chicken/rolls/green beans/mandarin oranges/milk S1-cheese cubes/crackers/apple juice S2-vanilla wafers/water	28 B-pancakes/strawberries/milk L-roast beef/cheese on wheat/navy beans/applesauce/milk S1-salsa/chips/water S2-graham crackers/water			

B = Breakfast / L = Lunch / Snack 1 is at 2pm / Snack 2 is at 4pm (Milk at breakfast, Milk & Water at lunch, 100% Juice or water for Snack) *substitution for younger children-