

# Opal Cliffs Children's Center February 2019 Menu

	Monday 1/28	Tuesday 1/29	Wednesday 1/30	Thursday 1/31	Friday 2/1
am snack	Granola bars, fruit, milk	Overnight oats with fruit	Waffles, milk and fruit	Veggie/Applesauce and grahams	Cereal, fruit and milk
lunch	Refried beans and cheese on corn tortillas, fruit, corn, salsa, milk	Sloppy joes with ground turkey, bread with veggies, fruit and milk	Quinoa , tofu, cheese veggies, fruit, milk	Veggie chili, bread,, cheeses, fruit, veggies and milk	Chicken salad, bread, veggies, fruit and milk
pm snack	Sun butter, veggies and crackers	Fruit, cheeses, cracker and hummus	Cereal trail mix with raisins and cheese sticks	Bread, turkey, cheese	Hard boiled eggs, crackers and cheeses sticks
	Monday 2/4	Tuesday 2/5	Wednesday 2/6	Thursday 2/7	Friday 2/8
am snack	Cereal, raisins and milk	Rice cakes, sun butter and fruit	Bagels and cream cheese with veggies	Belvita biscuits and fruit, milk	Aussies bites and fruit
Lunch	Sunbutter and fruit spread honey, bread fruit, veggies, milk	Pasta with red sauce, meatballs, veggies, fruit, milk	Hummus, turkey, bread, veggies and cheese, fruit, milk	Chicken salad, bread, veggies, fruit and milk	Black beans, brown rice, cheese, veggies, fruit, milk
pm snack	Smoothie pops and Crackers	Cereal trail mix seeds and raisin and cheese stick	Applesauce and grahams	Big fig bars and milk	Vanilla yogurt, fruit and granola
	Monday 2/11	Tuesday 2/12	Wednesday 2/13	Thursday 2/14	Friday 2/15
am snack	Big fig bars and milk	Granola bars, fruit, milk	Zucchini bread and milk	Bagels and cream cheese with veggies	Belvita bars and milk
lunch	Italian orzo spinach soup, beans, veggies, fruit, milk	Quinoa , tofu in teriyaki sauce, veggies, fruit, milk	Turkey and cheese, crackers, tomato soup, fruit, veggies, milk	Sunbutter and fruit spread sandwiches on whole wheat, fruit, veggies, milk	Crockpot enchilada quinoa with veggies, bread and fruit and milk
pm snack	Salami, cheese, crackers and veggies	Fruit, cheeses, cracker and hummus	Hummus and crackers, veggies	Brown rice, beans, veggies	Bagels and cream cheese, fruit
	Monday 2/18	Tuesday 2/19	Wednesday 2/20	Thursday 2/21	Friday 2/22
am snack		Bagels and cream cheese with veggies	Rice cakes, sun butter and fruit	Big fig bars and milk	Homemade fruit bread, raisins, milk
lunch	<b>Closed</b>	Cheesy bean roll ups, salsa, fruit, veggies and milk	Brown rice, tofu, cheeses, veggies, fruit, milk	Pasta with red sauce, cheese, veggies, fruit, milk	Sloppy joes with ground turkey, bread with veggies, fruit and milk
pm snack		Sunflower butter and fruit spread sandwiches and veggies	Fruit , crackers and cheese	bread, hummus, cheese	Grahams, cream cheese and raisins
	Monday 2/25	Tuesday 2/26	Wednesday 2/27	Thursday 2/28	Friday 3/1
am snack	Applesauce and grahams	Fruit smoothies and granola	Cereal, fruit and milk	Aussies bites and fruit	Yogurt, fruit, granola
Lunch	Pasta bake with squash and cheese, fruit, milk	Lentils and Brown rice, cheese, veggies, fruit, milk	Chicken salad bread, cheese, cucumbers, fruit, milk	Sunbutter and fruit spread, bread, veggies, fruit, milk	Veggies soup with pasta beans, bread fruit and milk
pm snack	Sunbutter and fruit spread, bread, veggies	Fruit , crackers, turkey and cheese	Smoothie popsicles and cracker	Chicken salad, bread, veggies	Hard boiled eggs, cheese sticks and crackers

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