

Santa Cruz Gardens Children's Center
February 2019
Menu

	Monday	Tuesday	Wednesday	Thursday	Friday 2/1
am snack					Cereal, fruit and milk
lunch					Sliced turkey and cheese, flour tortilla, veggies, fruit and milk
pm snack					Yogurt, crackers and fruit
	Monday 2/4	Tuesday 2/5	Wednesday 2/6	Thursday 2/7	Friday 2/8
am snack	English muffins toasted ,sunflower butter and fruit	Waffles, maple syrup, milk and fruit	Graham crackers, applesauce and milk	Cereal, milk and fruit	Bagels, sunflower butter and fruit
lunch	Chicken salad, whole grain crackers, veggies, fruit and milk	Quesadillas, (cheese and flour tortillas),veggies, fruit and milk	Chicken nuggets, veggies, fruit and milk	Refried beans, flour tortillas, cheese, veggies, fruit and milk	Scrambled eggs, ww toast cheese, veggies, fruit and milk
pm snack	Hummus, pita, and veggies	Fig bars, fruit and milk	Fruit/ yogurt smoothies and belvita crackers	Cheese slices, crackers and veggies	String cheese, homemade trail mix and fruit
	Monday 2/11	Tuesday 2/12	Wednesday 2/13	Thursday 2/14	Friday 2/15
am snack	Graham crackers, cream cheese and fruit	Homemade applesauce bread, fruit and milk Friendship Tea	Homemade applesauce bread, fruit and milk Friendship Tea	Yogurt, fruit and granola	Cinnamon toast, fruit and milk
lunch	Baked tofu, brown rice, veggie, fruit and milk	Tuna salad, whole grain crackers, veggies, fruit and milk	Turkey sloppy joes in whole wheat buns, veggies, fruit and milk	Pasta with meat sauce, parmesan cheese, veggies, fruit and milk	Sliced turkey and cheese, whole wheat rolls, veggies, fruit and milk
pm snack	Yogurt, fruit and belvita crackers	Gold fish crackers, string cheese and fruit	Wheat thins, hummus and carrots	Fig bars, fruit and milk	Crackers, sunflower butter and fruit
	Monday 2/18	Tuesday 2/19	Wednesday 2/20	Thursday 2/21	Friday 2/22
am snack		Oatmeal, fruit and milk	Homemade pumpkin bread, fruit and milk	Toasted english muffins, cream cheese, and fruit	Yogurt, fruit and granola
lunch	CLOSED	Scrambled eggs, whole wheat toast cheese, veggies, fruit and milk	Cheese pizza on pita bread, veggies, fruit and milk	Baked tofu, brown rice, veggie, fruit and milk	Quesadillas(cheese and flour tortillas)veggies, fruit and milk
pm snack		Rice cakes, sunflower butter and fruit	Graham crackers and fruit/yogurt smoothie	Pirates booty, string cheese and fruit	Homemade trail mix, milk and fruit
	Monday 2/25	Tuesday 2/26	Wednesday 2/27	Thursday 2/28	Friday
am snack	Hard boiled eggs, whole wheat toast and fruit	Cereal ,fruit and milk	Rice cakes, cream cheese and fruit	Waffles, maple syrup, fruit and milk	
lunch	Sunflower butter and fruit spread sandwiches, whole wheat bread, veggies, fruit and milk	Pasta w/ meat sauce, cheese, veggies, fruit and milk	Chicken salad, whole grain crackers, veggies, fruit and milk	Refried beans, cheese, flour tortillas, veggies, fruit and milk	
pm snack	Hummus, crackers and fruit	Wheat thins, string cheese and fruit	Fig bars, fruit, and milk	Graham cracker, sunflower butter and fruit	

If menu changes it will be posted on the white boards in the classrooms.

PSCG IS NUT FREE