

Palcare – February 2020

MON	TUE	WED	THU	FRI
<p>3</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Mac & Cheese with Seasonal Veggies & Fruit</p> <p>PM Snack Wheat Thins & Mozzarella String Cheese</p>	<p>4</p> <p>AM Snack Mini Bagels with Cream Cheese & Seasonal Fruit</p> <p>Lunch Mild Yellow Curry & Chicken with Seasonal Veggies & Fruit</p> <p>PM Snack Breadsticks with Marinara</p>	<p>5</p> <p>AM Snack Plain Yogurt with Mixed Berries and Seasonal Fruit</p> <p>Lunch Chicken & Veggie Pot Stickers with Seasonal Veggies & Fruit</p> <p>PM Snack Fresh Veggie Sticks with Ranch</p>	<p>6</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Cheese Enchiladas in Red Sauce with Seasonal Veggies & Fruit</p> <p>PM Snack Pita Bread with Hummus Dip</p>	<p>7</p> <p>AM Snack Mini Muffin & Seasonal Fruit</p> <p>Lunch All American Burger with Seasonal Veggies & Fruit</p> <p>PM Snack Baked Veggie Straws with Avocado Dip</p>
<p>10</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Grilled Cheese on Sourdough with Seasonal Veggies & Fruit</p> <p>PM Snack Cheddar Goldfish Crackers</p>	<p>11</p> <p>AM Snack Waffles and Applesauce with Seasonal Fruit</p> <p>Lunch Ham & Cheese Crepes Lorraine with Seasonal Veggies & Fruit</p> <p>PM Snack Graham Crackers</p>	<p>12</p> <p>AM Snack Cottage Cheese & Peaches with Seasonal Fruit</p> <p>Lunch Mediterranean Chicken & Couscous with Seasonal Veggies & Fruit</p> <p>PM Snack Shelled Edamame</p>	<p>13</p> <p>AM Snack Nutri Grain Bar & Seasonal Fruit</p> <p>Lunch Chicken Nuggets with Seasonal Veggies & Fruit</p> <p>PM Snack Fresh Veggie Sticks with Ranch</p>	<p>14</p> <p>AM Snack Zucchini Bread & Seasonal Fruit</p> <p>Lunch Vegetable Chow Mein with Seasonal Veggies & Fruit</p> <p>PM Snack Egg Salad with Crackers</p>
<p>17</p> <p>PRESIDENT'S DAY NO SERVICE</p>	<p>18</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Twice Baked Potato with Seasonal Veggies & Fruit</p> <p>PM Snack Breadsticks with Marinara</p>	<p>19</p> <p>AM Snack Plain Yogurt with Mixed Berries and Seasonal Fruit</p> <p>Lunch Spaghetti & Meatballs with Seasonal Veggies & Fruit</p> <p>PM Snack Fresh Veggie Sticks with Ranch</p>	<p>20</p> <p>AM Snack Mini Bagels with Cream Cheese & Seasonal Fruit</p> <p>Lunch Teriyaki Chicken with Seasonal Veggies & Fruit</p> <p>PM Snack Pita Bread with Hummus Dip</p>	<p>21</p> <p>AM Snack Mini Muffin & Seasonal Fruit</p> <p>Lunch Veggie Fried Rice with Seasonal Veggies & Fruit</p> <p>PM Snack Baked Veggie Straws with Avocado Dip</p>
<p>24</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Fiesta Rice Bowl with Seasonal Veggies & Fruit</p> <p>PM Snack Cheddar Goldfish Crackers</p>	<p>25</p> <p>AM Snack Waffles and Applesauce with Seasonal Fruit</p> <p>Lunch Pasta with Meat Sauce with Seasonal Veggies & Fruit</p> <p>PM Snack Graham Crackers</p>	<p>26</p> <p>AM Snack Cottage Cheese & Peaches with Seasonal Fruit</p> <p>Lunch Hamburger with Seasonal Veggies & Fruit</p> <p>PM Snack Shelled Edamame</p>	<p>27</p> <p>AM Snack Nutri Grain Bar & Seasonal Fruit</p> <p>Lunch Carnitas Tacos with Seasonal Veggies & Fruit</p> <p>PM Snack Fresh Veggie Sticks with Ranch</p>	<p>28</p> <p>AM Snack Zucchini Bread & Seasonal Fruit</p> <p>Lunch Lemon Herb Drumsticks with Seasonal Veggies & Fruit</p> <p>PM Snack Egg Salad with Crackers</p>
<p>Breakfast Portion Grain/Bread: 1/2 slice, 1/2C, or .5 oz Fruit: 1/2C Milk: 3/4C or 1/2C <2 yr Lunch Portion Meat/Alt 1.5 oz, Grain/Bread 1/2 slice or 1/4C, Veg & Fruit (2 types) 1/2C total, Milk 3/4 cup or 1/2 cup <2 yr PM Snack Portion Veg or Fruit 1/2C, Meat/Alt 1 oz or 1/4C Grain /Bread: 1/2 slice or 1/3C or .5oz</p>	<p>Most Entrees Cooked from Scratch. Organic Produce Served when Possible, Conventional Produce Follows the "Shoppers Guide to Pesticides" Methodology to Reduce Potential Pesticide Exposures up to 92% We Feature Humanely Raised Meats Milk is Hormone & Antibiotic Free Snack Rotation Subject to Change</p>			