


# HRDC Early Childhood Education Menu

February 2025



Monday	Tuesday	Wednesday	Thursday
 <p>Beets are a source of potassium, vitamin A, vitamin C, iron, and magnesium—all great for growing bodies!</p>			
<p><b>3-</b> B: Milk, WW English muffin or WW toast, yogurt &amp; blueberries L: Milk, Macaroni &amp; cheese w/ ham, green beans &amp; pears S: Pineapple &amp; hard-boiled egg</p>	<p><b>4-</b> B: Milk, Scrambled eggs, WW toast &amp; avocado or unsweetened applesauce L: Milk, Chicken nuggets, WW roll, asparagus &amp; apples S: Greek yogurt &amp; peaches</p>	<p><b>5-</b> B: Milk, Lentil zucchini muffins, w/ mixed fruit L: Milk, WW tortilla (rotate beef, chicken, fish, tofu, &amp; bean) w/ lettuce, cheese, salsa &amp; melon S: Milk, graham cracker “cheesecakes” (cream cheese &amp; berries)</p>	<p><b>6-</b> B: Milk, WW pancakes, berries &amp; cottage cheese L: Milk, Sunflower seed butter &amp; jelly sandwich on WW bread w/ hard-boiled egg OR turkey or ham sandwich on WW bread, broccoli &amp; cuties or mandarins S: Roasted chickpeas (with salt, pepper &amp; garlic) &amp; kiwi</p>
<p><b>10-</b> B: Milk, WW bagel w/ cream cheese &amp; pears L: Milk, Chicken salad OR Sweet &amp; sour chicken w/ brown rice OR WW pasta OR Chicken Tetrazzini, bell peppers &amp; blueberries S: Hard-boiled egg &amp; cantaloupe</p>	<p><b>11-</b> B: Milk, WW waffles w/ berries L: Milk, Beef meatloaf OR meatballs w/ WW roll, peas &amp; carrots, peaches S: Kale chips &amp; ham slices</p>	<p><b>12-</b> B: Milk, Baked granola, yogurt &amp; apples L: Milk, Lentil sloppy joes on WW bun, corn &amp; seasonal fruit S: Cottage cheese &amp; cucumbers</p>	<p><b>13-</b> B: Milk, WW bean &amp; cheese burrito, w/ avocado L: Milk, Chicken noodle soup w/ WW noodles OR Chicken &amp; rice soup, w/cheese stick OR Thai chicken salad, snap peas &amp; pineapple S: Sunflower seed butter w/ apples &amp; WW crackers</p>
<p><b>17-</b>  <b>No Class!</b></p>	<p><b>18-</b> B: Milk, WW French toast sticks w/ unsweetened applesauce L: Milk, Bean or veggie burgers (condiments on the side) on a WW bun w/ baked sweet potatoes &amp; strawberries S: Turkey slices &amp; flatbread</p>	<p><b>19-</b> B: Milk, Hot or cold cereal OR overnight oats &amp; banana L: Milk, COOK'S CHOICE- (Heritage Meal) S: Cauliflower popcorn &amp; cheese stick</p>	<p><b>20-</b> B: Milk, hard-boiled or scrambled egg, WW toast &amp; orange slices L: Milk, Chili con carne w/ corn muffins OR beef tamale pie, cucumber slices &amp; mango S: Rice crackers &amp; melon</p>
<p><b>24-</b> B: Milk, WW English muffin OR WW toast w/ sunflower seed butter &amp; peach slices L: Milk, Rainbow WW spaghetti (bell peppers, mushrooms) w/ ground turkey OR beef, tomato sauce w/ spinach, carrot salad &amp; pears S: Fruit smoothies (berries, spinach, milk) &amp; graham crackers</p>	<p><b>25-</b> B: Milk, WW pancakes &amp; mixed berries L: Milk, Chicken fajita (w/ minced peppers), roasted winter squash and/or zucchini, brown rice OR WW tortilla &amp; orange slices S: Unsweetened applesauce &amp; cheese stick</p>	<p><b>26-</b> B: Milk, Scrambled eggs, WW toast &amp; frozen tropical fruit L: Milk, Tomato soup W/ carrot sticks OR Chef salad w/ WW grilled cheese &amp; banana S: <b>Beet hummus</b> &amp; WW crackers</p>	<p><b>38-</b> B: Milk, Oatmeal &amp; blueberries L: Milk, WW English muffin pizza (mushroom &amp; spinach sauce) w/ turkey pepperoni, bell peppers &amp; pineapple S: Rice cakes &amp; egg salad</p>