



**Early Care and Education (ECE) Site Winter Menu Samples for 3-5 Year Old Children
February 2024 🎯 Week 1**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---|--|---|--|--|
| Breakfast* | | | | | |
| Grain | FH Berry Medley and Quinoa Breakfast Bake CC Oatmeal Muffin Square | Whole Grain (WG) Grits with Reduced Fat Cheese | FH Cinnamon-Citrus French Toast Squares CC Cinnamon-Citrus French Toast Squares | WG Oatmeal | WG Breakfast Cereal or Low-Sugar Cereal |
| Meat/Alt | N/A | Reduced Fat Cheese from WG Grits with Reduced Fat Cheese | Scrambled Eggs | N/A | N/A |
| Veg or Fruit | Berries from FH Breakfast Bake Berries for CCs | Apple Slices | Blueberries | Peach Slices | Strawberries |
| Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk |
| Snack* | | | | | |
| Grain | N/A | N/A | WG English Muffin | WG Crackers | Mini Pretzels |
| Meat/Alt/Other | Low-Fat Cottage Cheese | Vanilla Low-Fat Yogurt | Sunflower Butter | Low-Fat Cheese Sticks | N/A |
| Veg or Fruit | Grape Halves | Mixed Berries | Orange Slices | N/A | Apple Slices |
| Milk or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water |
| Lunch* | | | | | |
| Grain | WG Bun | Brown Rice | WG Croissants from FH Crabby Sandwich Wheat Rolls from CC Tuna Salad on a Wheat Roll | WG Elbow Macaroni in the Macaroni in Cheese | Cornbread |
| Meat/Alt | FH or CC Barbeque Beef Sliders | FH Fish and Veggie Packets CC Fish and Veggie Packets | Surimi Seafood (Imitation Crab) from FH Crabby Sandwich Tuna Salad from CC Tuna Salad on a Wheat Roll | Macaroni and Cheese | FH Bean Soup CC Vegetable Chili |
| Veg | Steamed Green Beans | Broccoli and Cauliflower in the Fish and Veggie Packets | FH Cool Cucumber and Tomato Salsa (Page 27) CC Salad Shaker | Steamed Broccoli Florets | Side Salad with Lettuce, Shredded Carrots, and Cucumbers with Low-Fat Ranch Dressing |
| Fruit | Apple Slices | Orange Slices | Apple Slices | Pineapple Tidbits | Mango Slices |
| Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | WG Croissants from FH Crabby Sandwich Wheat Rolls from CC Tuna Salad on a Wheat Roll | Low/Fat-Free Milk | Low/Fat-Free Milk |



This institution is an equal opportunity provider.
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Week 2 of February 2024 Menu Sample

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|---|--|--|--|--|
| Breakfast * | | | | | |
| Grain | WG Bagel with Cream Cheese | WG Cereal | WG Toast | FH Fruit and Yogurt Roll-Ups CC Fruit and Yogurt Roll-Ups | WG Grits with Reduced Fat Cheese |
| Meat/Alt | N/A | N/A | FH Egg and Broccoli Scramble CC Egg and Broccoli Scramble | N/A | N/A |
| Veg or Fruit | Strawberries | Raspberries | Banana | Cantaloupe Cubes | Apple Slices |
| Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk |
| Snack * | | | | | |
| Grain/Other | N/A | WG Crackers | Graham Crackers | N/A | Mini Pretzels |
| Meat/Alt | Hummus | Low-Fat Cheese Sticks | Sunflower Butter | Low-Fat Cottage Cheese | N/A |
| Veg or Fruit | Snap Peas | N/A | N/A | Carrot Sticks with Low-Fat Ranch Dressing | Apple Slices |
| Milk or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water |
| Lunch * | | | | | |
| Grain | Brown Rice from FH Cuban Black Beans and Rice Tortilla from CC Fiesta Wrap | WG Flatbread Naan from Chicken Flatbread Pizza | Brown Rice | WG Tortilla from Purple Power Bean Wrap | WG Bun |
| Meat/Alt | Beans from FH Cuban Black Beans and Rice Beans from CC Fiesta Wrap | FH Chicken Flatbread Pizza CC Chicken Flatbread Pizza | FH Sauteed Tempeh With Vegetables CC Sauteed Tempeh With Vegetables | FH Purple Power Bean Wrap CC Purple Power Bean Wrap | FH Barbeque Beef Sliders CC Barbeque Beef Sliders |
| Veg | FH Corny Salsa with Tortilla Chips CC Corny Salsa with Tortilla Chips | Fresh Side Salad with Fresh Lettuce, Shredded Carrots, and Cucumbers with Low-Fat Ranch Dressing | Steamed Cauliflower | Side Salad with Fresh Lettuce, Sliced Tomatoes, and Cucumbers with Low-Fat Ranch Dressing | Steamed Green Beans |
| Fruit | Raspberries | Peach Slices | Pineapple Tidbits | Orange Slices | Apple Slices |
| Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | WG Tortilla from Purple Power Bean Wrap | Low/Fat-Free Milk |

***Cauliflower** is the Harvest of the Month for February 2024. All meals including **cauliflower** are indicated in **purple**.

*Resources: [Child and Adult Breakfast Table \(azureedge.us\)](#), [Child and Adult Snack Table \(azureedge.us\)](#), and [Child and Adult Lunch and Supper Table \(azureedge.us\)](#).

* FH = Family Home with recipes for 6 servings, CC = Childcare Centers with recipes for 25 to 50 serving

Week 3 of February 2024 Menu Sample

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|--|--|--|--|
| Breakfast* | | | | | |
| Grain | FH Mango Smoothie Bowl with Granola CC Granola | WG Grits with Reduced Fat Cheese | WG Waffles | WG Oatmeal | WG Breakfast Cereal or Low-Sugar Cereal |
| Meat/Alt | N/A | Reduced Fat Cheese from WG Grits | Low-Fat Yogurt | N/A | N/A |
| Veg or Fruit | Mango from FH Smoothie Bowl Mixed Berries from CC Granola | Apple Slices | Strawberries | Peach Slices | Strawberries |
| Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk |
| Snack* | | | | | |
| Grain | N/A | WG Crackers | WG Graham Crackers | N/A | WG Mini Pretzels |
| Meat/Alt | Low-Fat Cottage Cheese | Low-Fat Cheese Sticks | Sunflower Butter | Hummus | N/A |
| Veg or Fruit | Carrots Sticks | N/A | N/A | Snap Peas | Pepper Slices |
| Milk or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water |
| Lunch* | | | | | |
| Grain | WG Roll | Tortilla from Turkey Wrap | Brown Rice | Brown Rice from Bean Burrito Bowl | WG Bread Stick |
| Meat/Alt | FH Baked Tilapia Fish Fillets CC Baked Tilapia Fish Fillets | FH Ground Turkey Wrap CC Ground Turkey Wrap | FH Chinese Style Vegetables with Tofu CC Baked Tofu Bites | FH Bean Burrito Bowl CC Bean Burrito Bowl | FH Taco Soup CC Chicken or Turkey Rice Soup |
| Veg | Steamed Cauliflower | Steamed Snap Peas | FH Vegetables from Chinese Style Vegetables with Tofu (Add Cauliflower .) CC Steamed Cauliflower | Steamed Carrot Sticks | Vegetables from the Chicken or Turkey Vegetable Soup |
| Fruit | Orange Slices | Plum Slices | Apple Slices | Pineapple Tidbits | Pear Slices |
| Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Brown Rice from Bean Burrito Bowl | Low/Fat-Free Milk |

Week 4 of February 2024 Menu Sample

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|--|--|--|---|
| Breakfast* | | | | | |
| Grain | FH Easy Overnight Oats and Berries CC Spiced Oatmeal | WG Cereal | FH Easy Whole Wheat Drop Biscuits CC Pancakes | WG Breakfast Cereal or Low-Sugar Cereal | WG Grits with Reduced Fat Cheese |
| Meat/Alt | N/A | N/A | Scrambled Eggs | N/A | Reduced Fat Cheese in WG Grits with Reduced Fat Cheese |
| Veg or Fruit | Cantaloupe Cubes | Raspberries | Blueberries | Strawberries | Apple Slices |
| Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk |
| Snack* | | | | | |
| Grain | N/A | Oatmeal Muffin Square (Page 98) | WG Crackers | WG Corn Tortilla Chips | Graham Crackers |
| Meat/Alt | Sunflower Butter | Yogurt in the Oatmeal Muffin Square | Cheese | N/A | Low-Fat Yogurt |
| Veg or Fruit | Apple Slices | Blueberries | Raspberries | Salsa | Strawberries |
| Milk or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water | Low/Fat-Free Milk and/or Water |
| Lunch* | | | | | |
| Grain | WG Pita | Tortilla from Turkey Wrap | WG Roll | FH Lemon Blueberry Corn Muffin CH Cornbread | Naan Bread from FH Chicken Flatbread Pizza WG Pizza Dough from CC Pizza Cup with Ground Pork Topping |
| Meat/Alt | FH Mediterranean Tuna Salad CC Mediterranean Tuna Salad | FH Ground Turkey Wrap CC Ground Turkey Wrap | FH Turkey and Dressing Supreme CC Turkey and Dressing Supreme | FH Barbecued Turkey or Chicken Salad CH Barbecued Chicken | Chicken from FH Chicken Flatbread Pizza Ground Pork from CC Pizza Cup with Ground Pork Topping |
| Veg | Steamed Snap Peas | Steamed Snap Peas | Steamed Green Beans | Steamed Cauliflower | FH Cool Cucumber and Tomato Salsa (Page 27) CC Salad Shaker |
| Fruit | Grape Halves | Plum Slices | Apple Slices | Peach Slices | N/A |
| Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk | Low/Fat-Free Milk |