healthMpowers

Early Care and Education (ECE) Site Winter Menu Samples for 3–5-Year-Old Children

February 2025 🍽 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Berry Medley and Quinoa Breakfast Bake CC&S Oatmeal Muffin Square	**Whole Grain (WG) Grits** with Reduced Fat Cheese	FH Cinnamon-Citrus French Toast Squares CC&S 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&S Tuna Salad on a Wheat Roll	**WG Elbow Macaroni** in the Macaroni in Cheese	Cornbread
Meat/Alt	FH Barbeque Beef Sliders CC&S Barbeque Beef Sliders	FH Fish and Veggie Packets CC&S Fish and Veggie Packets	**Surimi Seafood (Imitation Crab)** from FH Crabby Sandwich **Tuna Salad** from CC Tuna Salad on a Wheat Roll	FH Macaroni & Cheese CC&S Macaroni and Cheese	FH Bean Soup CC&S Vegetable Chili
Veg	Steamed Green Beans	**Broccoli** and **Cauliflower** in the Fish and Veggie Packets	FH Cool Cucumber and Tomato Salsa (Page 27) CC&S 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	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

SNAP Supplemental Nutrition Assistance Program

This institution is an equal opportunity provider.

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Georgia SNAP-Ed

Week 2 of February 2025 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&S Fruit and Yogurt Roll-Ups	**WG Grits** with Reduced Fat Cheese
Meat/Alt	N/A	N/A	**FH Egg and Broccoli Scramble** **CC&S 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&S 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&S Chicken Flatbread Pizza	**FH Sauteed Tempeh With Vegetables** **CC&S Sauteed Tempeh With Vegetables**	**FH Purple Power Bean Wrap** **CC&S Purple Power Bean Wrap**	FH Barbeque Beef Sliders CC&S Barbeque Beef Sliders
Veg	FH Corny Salsa with Tortilla Chips CC&S 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 Broccoli**
Fruit	Raspberries	Peach Slices	Pineapple Tidbits	Orange Slices	Apple Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

*__Cauliflower__ is the Harvest of the Month (HOM) for February 2025. Bonus HOM vegetables in February 2025 are __cabbage__ and __broccoli__. All meals including __cauliflower__, __cabbage__, and __broccoli__ 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 2025 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Mango Smoothie Bowl with Granola CC&S 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&S Baked Tilapia Fish Fillets	FH Ground Turkey Wrap CC&S Ground Turkey Wrap	FH Chinese Style Vegetables with Tofu CC&S Baked Tofu Bites	FH Bean Burrito Bowl CC&S Bean Burrito Bowl	FH Taco Soup CC&S Chicken or Turkey Rice Soup
Veg	**Steamed Broccoli**	Steamed Snap Peas	**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	Low/Fat-Free Milk	Low/Fat-Free Milk

Week 4 of February 2025 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Easy Overnight Oats and Berries CC&S Spiced Oatmeal	WG Cereal	FH Easy Whole Wheat Drop Biscuits CC&S 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	FH and CC&S 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&S Cornbread	**Naan Bread** from FH Chicken Flatbread Pizza **WG Pizza Dough** from CC&S Pizza Cup with Ground Pork Topping
Meat/Alt	FH Mediterranean Tuna Salad CC&S Mediterranean Tuna Salad	FH Ground Turkey Wrap CC&S Ground Turkey Wrap	FH Turkey and Dressing Supreme CC&S Turkey and Dressing Supreme	FH Barbecued Turkey or Chicken Salad CC&S Barbecued Chicken	**Chicken** from FH Chicken Flatbread Pizza **Ground Pork** from CC Pizza Cup with Ground Pork Topping
Veg	**Steamed Broccoli**	Steamed Snap Peas	Steamed Green Beans	**Steamed Cauliflower**	FH Cool Cucumber and Tomato Salsa (Page 27) CC&S 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