

February

Little Jewels is a
Peanut Free Zone


Thursday, February 1st

Friday, February 2nd

English muffins w/egg patty, peaches
Sn: Grapes, yogurt
Tod: Fruit, yogurt
Breadstick, chicken noodle soup, California blend veggies, peaches
Sn: Chips, salsa

Biscuits and gravy, pineapple
Sn: Carrots w/ ranch
Tod: Shredded carrots w/ ranch
Sloppy joe on bun, corn, pineapple
Sn: Ritz crackers, juice

Little Jewels Valentine's Parties will be held during AM or PM snack on Wednesday, February 14th. Please check with your child's teacher for details.



Monday, February 5th

Tuesday, February 6th

Wednesday, February 7th

Thursday, February 8th

Friday, February 9th

Rice Krispies, mandarin oranges
Sn: Fruit smoothies
Chicken/cheese quesadillas, green beans, mandarin oranges
Sn: Saltines, American cheese

Banana bread, pears
Sn: Cucumber slices w/ ranch
(peeled for Tod's)
Grilled Cheese sand, chili, pears
Sn: Animal crackers, milk

Omelets, fruit mix
Sn: Rice cakes, juice
Cheeseburger macaroni, peas, fruit mix
Sn: Cheese Ritz bits, water

Waffles, peaches
Sn: Celery w/soy butter
Tod: Veggie Straws
Meatballs, mashed potatoes, carrots, peaches
Sn: Pretzels w/ ranch

Oatmeal w/apples, butter toast
Sn: Cottage cheese, juice
Pizza pasta, salad w/ ranch, pineapple
Sn: Trail mix



Regular Menu

Monday, February 12th

Tuesday, February 13th

Wednesday, February 14th

Thursday, February 15th

Friday, February 16th

Kix cereal, pears

Sn: Raisins, goldfish

Tod: Goldfish, juice

Corn dogs, cooked carrots, pears

Sn: String cheese & tortilla wrap

Blueberry bread, mandarin oranges

Sn: Animal crackers, milk

Turkey sand, veggie soup, mandarin oranges

Sn: Veggie Straws, juice

Whole wheat french toast stix, fruit mix

Sn: Graham crackers, applesauce

Broccoli, cheese and rice casserole, fruit mix

Sn: Cheddar cheese cubes & pita chips

Ham, egg and cheese caserole, peaches

Sn: Bananas, cheerios

avanti's day

Sn: Grapes, yogurt

Tod: Fruit, yogurt

Bagels w/ cream cheese, pineapple

Sn: Pretzel bites w/ cheese sauce

Cheese Ravioli, California blend veggies, pineapple

Sn: Nutrigrain bars

Monday, February 19th

Tuesday, February 20th

Wednesday, February 21st

Thursday, February 22nd

Friday, February 23rd

Crispix cereal, peaches

Sn: Orange slices, saltines

Toddler: Mandarin oranges, saltines

Goulash, corn, peaches

Sn: Chips, salsa

Raspberry bread, fruit mix

Sn: Apple slices with string cheese

Bologna sand, cheesy potato soup, cooked carrots, fruit mix

Sn: Apple crisp, water

Cinnamon toast, mandarin oranges

Sn: Gogurt, juice

Baked mac n cheese bites, green beans, mandarin oranges

Sn: 100 Calorie Oreo crisps, milk

Yogurt w/ rice krispies, applesauce

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Grilled chicken, peas, applesauce

Sn: Cheez-its, juice

Pancakes, pears

Sn: Pita chips, hummus

Pizza, salad w/ ranch, pears

Sn: Mandarin oranges, graham crackers

Monday, February 26th

Tuesday, February 27th

Wednesday, February 28th

Life cereal, fruit mix

Sn: Cottage cheese, juice

Chicken nuggets, corn, mashed potatoes, fruit mix

Sn: Apple Cinnamon tortilla wrap

Cinnamon bread, pears

Sn: Applesauce, graham crackers

Grilled ham and cheese sand, tomato soup, pears

Sn: Elf Grahams, juice

Breakfast burrito, pineapple

Sn: Celery w/ ranch

Tod: Veggie straws

Fish Shapes, broccoli w/ cheese, pineapple

Sn: Club crackers, cheese

What kids learn when playing with food

As a parent I know it's scary to imagine letting your child "play" with their food. You think of the mess, the extra cleaning and even what others may think...BUT the benefits can be worth it!

Over the next several months we will be looking at what some of those benefits are. So sit back, relax and let the learning begin...

*Once the child is old enough to have mixed dishes, without the risk of allergies, let them make their own food combinations.

*Let older children use their imagination to serve food in creative shapes and designs.



Regular Menu

