

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, veg broth w/
California blend veggies,
peaches

Sn: Chips & salsa

Biscuits and gravy, pine-
apple

Sn: Carrots w/ ranch

Tod: Shredded carrots w/
ranch

Vegetarian 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

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, veggie
chili, pears

Sn: Animal crackers, milk

Omelets, fruit mix

Sn: Rice cakes, juice

Veggie Cheese "burger"
mac, peas, fruit mix

Sn: Cheese Ritz bits, water

Waffles, peaches

Sn: Celery w/ soy butter

Tod: Veggie straws

Veggie 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



Vegetarian 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

Veggie corn dogs, cooked carrots, pears

Sn: String cheese & tortilla wrap

Blueberry bread, mandarin oranges

Sn: Animal crackers, milk

Soy butter sandwich, veggie soup, mandarin oranges

Sn: Veggie straws, juice

Whole wheat french toast stix, fruit mix

Sn: Graham crackers, applesauce

Broccoli, cheese and rice cass., fruit mix

Sn: Cheddar cheese cubes, pita chips & pita chips

Egg and cheese casserole, 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

Tod: Mandarin oranges, saltines

Goulash w veg. beef, corn, peaches

Sn: Chips, salsa

Raspberry bread, fruit mix

Sn: Apple slices w/ string cheese

Hummus 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

Veg. 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

Veggie chicken nuggets, corn, mashed potatoes, fruit mix

Sn: Apple cinnamon tortilla wrap

Cinnamon bread, pears

Sn: Applesauce, graham crackers

Grilled cheese sand, tomato soup, pears

Sn: Elf grahams, juice

Breakfast burrito, pineapple

Sn: Celery w/ ranch

Tod: Veggie straws

Italian noodles, 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.



Vegetarian Menu

