



February



Healthy Eating Tips for Kids... (Pssst...parents, we can't do it without you!)



#8 Be CREATIVE

All the vibrant colors in fruit and vegetables come from natural plant chemicals that have healthy effects on our bodies. Different colors have different effects, so it's good to eat a variety of different colors each day.

Offer your kids a colorful snack of different fruits and berries, or chop vegetables into interesting shapes to make them seem more fun and exciting.



Friday, February 1st

Bagels w/ cream cheese, pineapple

Sn: Bananas, cheerios

Cheese Ravioli, California blend veggies, pineapple

Sn: NutriGrain Bars

It's cold outside, but we have a nice warm recipe that is kid friendly and it will keep their bellies full in the cold winter months! Don't forget to ask your kids to help with the process. Great way to work in those math and science skills at home!!

Please see the ingredients below and the steps to prepare on the next page.

Baked Ziti

- 16 ounces ziti pasta
- 1 large egg
- 15 ounces ricotta cheese
- 1/2 teaspoon garlic powder
- 1/4 cup chopped fresh basil (optional)
- 2 cups shredded mozzarella cheese
- 4-1/2 cups spaghetti sauce (homemade or from a jar)
- 1/2 cup grated Parmesan cheese

*Don't be afraid to improvise!! Fell free to add in some extra veggies for a vitamin boost!



Monday, February 4th

Tuesday, February 5th

Wednesday, February 6th

Thursday, February 7th

Friday, February 8th

Apple Cinnamon Cheerios, peaches

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Goulash w veg, beef, corn, peaches

Sn: Cheese Ritz bits, water

Blueberry bread, fruit mix

Sn: Apple slices w/ soy butter

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

Sn: Peach crisp, water

Cinnamon toast, applesauce

Sn: Animal crackers, milk

Baked mac n cheese bites, green beans, applesauce

Sn: Chips, salsa

Yogurt w/ rice krispies, mandarin oranges

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Veg. chicken, peas, mandarin oranges

Sn: Cheez-its, juice

Pancakes, pears

Sn: Pita chips, hummus

Pizza, salad w/ ranch, pears

Sn: 100 Calorie Oreo crisps, milk

Vegetarian Menu



Monday, February 11th

Tuesday, February 12th

Wednesday, February 13th

Thursday, February 14th

Friday, February 15th

Life cereal, fruit mix

Sn: Cottage cheese, juice

Veggie chicken nuggets, corn, mashed potatoes, fruit mix

Sn: Apple cinnamon tortilla wrap

Cinnamon apple bread, pineapple

Sn: Applesauce, graham crackers

Grilled cheese sand, tomato soup, pineapple

Sn: Elf grahams, juice

Breakfast burrito, peaches

Sn: Celery w/ ranch

Tod: Veggie straws

Avanti's Lunch

Sn: Club crackers, cheese

Hash brown casserole, pears

Sn: Apple slices w/ string cheese

Italian noodles, broccoli w/ cheese, pears

Sn: Sn: Ranch Oyster Crackers

Whole wheat French toast stix, mandarin oranges

Sn: Ritz crackers, juice

Veggie burger sliders, tator tots, mandarin oranges

Sn: Trail mix

Monday, February 18th

Tuesday, February 19th

Wednesday, February 20th

Thursday, February 21st

Friday, February 22nd

Golden Grahams, applesauce

Sn: Raisins, goldfish

Tod: Goldfish, juice

Veggie Chicken patty, peas, applesauce

Sn: Nutri-grain bars

Pumpkin bread, fruit mix

Sn: Chex mix, juice

Spaghetti w/ veggie meat sauce, salad w/ranch, fruit mix

Sn: Bananas, cheerios

Cinnamon rolls, pears

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Black bean salad, mashed potatoes, green beans, pears

Sn: Popcorn, juice

English muffins w/ egg patty, peaches

Sn: Grapes, yogurt

Tod: Fruit, yogurt

Breadstick, veg broth w/ California blend veggies, peaches

Sn: Apple crisp, water

Biscuits and gravy, pineapple

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Vegetarian Sloppy joe on bun, corn, pineapple

Sn: Cheese Ritz bits, juice

Monday, February 25th

Tuesday, February 26th

Wednesday, February 27th

Thursday, February 28th

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: Cinnamon diced apples, graham crackers

Waffles, peaches

Sn: Celery w/ soy butter

Tod: Veggie straws

Veggie meatballs, mashed potatoes, carrots, peaches

Sn: Pretzels w/ ranch

Little Jewels is



Vegetarian Menu

Preheat oven to 350 F.

Prepare pasta according to package directions for "al dente." Drain.

In a large bowl, beat egg. Add ricotta cheese garlic powder, basil and 1 cup of the mozzarella. Mix well.

Add cooked pasta and 2 cups of the spaghetti sauce.

Pour 1 cup of the spaghetti sauce in a 9 x 13 pan.

Top with the ziti mixture. Top with the remaining sauce.

Sprinkle remaining mozzarella and Parmesan cheese over the sauce.

Cover with foil, and bake 20 minutes. Remove foil and

bake another 10-20 minutes until golden brown and bubbly.

Let the pasta rest 10 minutes before serving.