

SUPPER MEALS - February 2019

Kit provides: 2 oz M/MA, 1 oz WGR, & 1/2 c F or V = COMPLETE SUPPER

OVS= 8 oz milk & 1/2 c vegetables

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 28- Feb 1	Cinnamon Toast Crunch & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Turkey Ham Croissant Sandwich with Sliced Apples	Yummy Chillin' Pepperoni Pizza!	Nature Valley Cinnamon Crisps, Vanilla Yogurt & Roasted Seeds
Recipe #	S13237	S15204	S15834		
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	Pepperoni Pizza (D,S,W)(38g)	4 oz vanilla yogurt (D)(20g)
Grain	Cinnamon Toast Crunch Bowl (S, W)(22g)				Salted Sunflower Seeds (4g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Apple Slices (8g)	Mango Swirl Juice (13g)	Applesauce cup (14g)
Cond					
Utensils	spoon				spoon
total items:	5	3	2	2	5
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)	Ranch (D,E,W)
<small>servicing day</small>	1	2	3	4	5
Feb. 4-8	Frosted Mini Wheats & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Eggo Mini Pancake Dippers, Hard Boiled Egg, & Strawberry Fruit Cup	Cinnamon Elf Grahams, Vanilla Yogurt, & Cheese	Peanutbutter Cup, Colby Jack Cheese, & Mini Bagel & Applesauce cup
Recipe #	S15369	S15204			
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Hardboiled Egg (E)(1g)	4 oz vanilla yogurt (D)(20g)	Peanutbutter Cup (P) (8 g)
Grain	Cinnamon Toast Crunch Bowl (S,W)(22g)		String Cheese (D)(1g)	Mini Pancakes (D,E,S,W)(34g)	String Cheese (D)(1g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Strawberry Fruit Cup (none) (22g)	Cinnamon Elf Grahams (S,W) (21g)	Mini Bagel (W)(15 g)
Cond					
Utensils	spoon		spoon	spoon	spoon
total items:	4	3	5	5	5
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Syrup	Ranch (D,E,W)	Ranch (D,E,W)
<small>servicing day</small>	6	7	8	9	10
Feb. 11 - 15	Cinnamon Chex & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Turkey & Colby Jack Cheese with Jalapeno Cheese Puffs & Craisins	Tuna Cup, Wheat Crackers, & Juice Kit	Holiday
Recipe #		S15204			
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	1 Turkey Stick (0 g)	Tuna cup (F)(0g)	
Grain	Cinnamon Chex Bowl (23g)		String Cheese (D)(1g)	Colby Jack Cheese (D)(0g)	Wheat Crackers 14g(D,W)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Fresh Fruit (12g)	Mango Swirl Juice (13g)	
Cond				Mayo (E,S)(1g)	
Utensils	spoon			fork	
total items:	3	3	4	5	
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	
<small>servicing day</small>	11	12	13	14	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb. 18 - 22	Holiday	Cinnamon Elf Grahams & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Elf Grahams, Yogurt, Cheddar Cubes, & Craisins	Nature Valley Cinnamon Crisps, Vanilla Yogurt & Roasted Seeds
Recipe #		S13237	S15204		
M/MA (2 oz)		Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz Strawberry Banana Yogurt (D)(20g) & Cheddar Cubes (D)(0g)	4 oz vanilla yogurt (D)(20g) Salted Sunflower Seeds (4g)
Grain		Cinnamon Elf Grahams (S,W) (21g)		Chocolate Elf Grahams (S,W) (20g)	Cinnamon Crisps (D,S,W)(25g)
Fruit or Veg 1/2 cup		Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Craisins (28 g)	Applesauce cup (14g)
Cond					
Utensils		spoon			spoon
total items:		5	3	4	5
Items provided by site:					
Veg (1/2 c)		Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)		1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments		Ranch (D,E,W)	Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)	Ranch (D,E,W)
serving day		15	16	17	18
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb. 25 - March 1	Frosted Mini Wheats & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Turkey Ham Croissant Sandwich with Sliced Apples	Yummy Chillin' Pepperoni Pizza!	Peanutbutter Cup, Colby Jack Cheese, & Mini Bagel & Applesauce cup
Recipe #	S15369	S15204	S15834		
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	Pepperoni Pizza (D,S,W)(38g)	Peanutbutter Cup (P) (8 g) Colby Jack Cheese (D)(0g)
Grain	Cinnamon Toast Crunch Bowl (S,W)(22g)				Mini Bagel (W)(15 g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Apple Slices (8g)	Mango Swirl Juice (13g)	Applesauce cup (14g)
Cond					
Utensils	spoon				spoon
total items:	4	3	2	2	5
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)	Ranch (D,E,W)
serving day	19	20	21	22	23