

Serving Sizes

per learner



- Milk - 1/2 cup
- Vegetable - 1/2 cup
- Fruit - 1/2 cup
- Bread - 1/2 slice
- Cereal - 1/3 cup
- Meat - 1/2 oz.

FEBRUARY 2023

MON	TUE	WED	THU	FRI
		1 APPLESAUCE & GRAHAM CRACKERS ----- CHEX MIX & JUICE	2 CHEESE ITS & juice ----- RITZ CRACKERS & RAISINS	3 FRUIT CUP & WHEAT THINS ----- GOLDFISH & JUICE
6 BELVITAS & JUICE ----- RAISINS & VEGGIE STRAWS	7 PRETZELS & RAISINS ----- ANIMAL CRACKERS & FRUIT CUP	8 RITZ CRACKER & GOGURT ----- STRING CHEESE & PRETZELS	9 APPLESAUCE & GRAHAM CRACKERS ----- CHEX MIX & JUICE	10 NO SCHOOL LINCOLN'S BIRTHDAY
13 FRUIT CUP & WHEAT THINS ----- GOLDFISH & JUICE	14 BELVITAS & JUICE ----- RAISINS & VEGGIE STRAWS	15 PRETZELS & RAISINS ----- ANIMAL CRACKERS & FRUIT CUP	16 RITZ CRACKER & GOGURT ----- STRING CHEESE & PRETZELS	17 APPLESAUCE & GRAHAM CRACKERS ----- CHEX MIX & JUICE
20 NO SCHOOL - PRESIDENT'S DAY	21 FRUIT CUP & WHEAT THINS ----- GOLDFISH & JUICE	22 BELVITAS & JUICE ----- RAISINS & VEGGIE STRAWS	23 PRETZELS & RAISINS ----- ANIMAL CRACKERS & FRUIT CUP	24 RITZ CRACKER & GOGURT ----- STRING CHEESE & PRETZELS
27 APPLESAUCE & GRAHAM CRACKERS ----- CHEX MIX & JUICE	28 CHEESE ITS & juice ----- RITZ CRACKERS & RAISINS			