



FEBRUARY | 2019

Epworth Preschool & Daycare

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 B: Whole Grain Toast, Applesauce L: Shredded Chicken Slider, Sugar Snap Peas, Banana, Goldfish crackers S: Strawberry Chex Mix
4 B: Rice Chex cereal, Applesauce L: Chicken & Stuffing Bake, Mixed Vegetables, Mandarin Oranges S: Apples, Raisins, & Soy Butter	5 B: Whole Grain French Toast, Oranges L: Fish Nuggets, Rice, Broccoli & Cheese, Peaches S: Fruit & Yogurt Smoothie	6 B: Whole Wheat English Muffins, Grapes, Yogurt L: Meatloaf, Bread & Butter, Green Beans, Applesauce S: Cheerios & Raisins	7 B: White Whole Wheat Bagels, Apples L: Macaroni & Cheese, Sausage Link, Peas, Pineapple S: Graham Crackers & Pudding	8 B: Oatmeal, Bananas L: Ham & Cheese Sandwich, Cucumbers & Ranch, Chex Mix, Oranges S: Cinnamon Goldfish
11 B: Cheerios, Bananas L: Sausage Patty Sandwich, Tater Tots, Corn, Applesauce S: Grapes & Yogurt	12 B: Whole Multi-Grain Pancakes, Apples L: Spaghetti w/ meat sauce, Garlic Bread, Green Beans, Mandarin Oranges S: Ants on a Log	13 B: Whole Grain Cinnamon Muffins, Grapes L: Chicken Burritos, Mixed Vegetables, Apples S: Pretzels & Hummus	14 B: Whole Grain Toast, Applesauce L: Cheese Pizza, Tossed Salad, Cottage Cheese, Pineapple S: Banana Crunch	15 B: Life cereal, Oranges L: Chicken Nuggets, Carrots & Ranch, Cheez-Its, Grapes S: Chex Mix
18 B: Whole Grain French Toast, Oranges L: Chicken Alfredo, Broccoli, Pears S: Apples & String Cheese	19 B: White Whole Wheat Bagels, Apples L: Cheeseburger, French Fries, Mixed Vegetables, Mandarin Oranges S: Scooby Snacks	20 B: Rice Chex, Applesauce L: Baked Ziti, Garlic Bread, Peas, Peaches S: Cucumbers & Ranch	21 B: Oatmeal, Bananas L: Chicken Noodle Soup, Ham Sandwich, Carrots, Applesauce S: Apple Cinnamon Muffins	22 B: Whole Wheat English Muffins, Grapes, Yogurt L: Turkey & Cheese Sandwich, Celery & Ranch, Pretzels, Apples S: Goldfish crackers
25 B: Whole Grain Cinnamon Muffins, Grapes L: Grilled Cheese, Tomato Soup, Carrots, Mandarin Oranges S: Broccoli & Ranch	26 B: Whole Multi-Grain Pancakes, Apples L: Chicken Nuggets, French Fries, Corn, Applesauce S: Corn Tortilla Chips & Salsa	27 B: Cheerios, Bananas L: Beef Rotini, Mixed Vegetables, Pears S: Cinnamon Goldfish	28 B: Life cereal, Oranges L: Ham & Cheese Cracker Stackers, Carrots & Ranch, Peaches S: Grapes	1 B: Whole Grain Toast, Applesauce L: BBQ Pork Sliders, Sugar Snap Peas & Ranch, Goldfish crackers, Bananas S: Teddy Grahams

News

14: Valentine's Day
18: NO Preschool, Presidents Day