

MFCS Hernando County Menu February 2022

Evelyn Klironomos RD, LD/N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk: 1% White milk offered at breakfast, lunch, and snack to all children over age 2. Whole milk offered to all children under age 1. Juice: 100% juice offered for all servings. Grains: All grains are whole grains or whole grain rich. Vegetables/Fruits: At least 1//4C of all vegetables and fruits are offered. Cereals: All cereals contain <6g sugar/oz. Condiments: offered as needed.				
	1 Breakfast: WG Cheerios, Mandarin Oranges, Milk Entrée: Turkey WW Sandwich, Oven Fries, Peaches, Milk Snack: Applesauce, Whole Grain Muffin	2 Breakfast: Sausage & Biscuit, Pineapples, Milk Entrée: Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk Snack: ½ Tukey Sandwich on Whole Wheat Bread	3 Breakfast: Corn Flakes, Fresh Apple Slice, Milk Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Bun, Milk Snack: Whole Wheat Crackers, Yogurt Cup	4 Breakfast: WG Cheerios, Orange Juice, Milk Entrée: Cheese Pizza, Salad, Pears, Milk Snack: Whole Grain Fish Crackers, Applesauce
7 Breakfast: Whole Grain Waffle Sticks, Pineapples, Milk Entrée: Baked Sliced Ham, Green Beans, Pears, Whole Wheat Roll, Milk Snack: Sliced cheese, Whole Grain bread	8 Breakfast: Rice Crispy, Banana, Milk Entrée: Lasagna, Green Beans, Fruit Salad, Italian Bread, Milk Snack: Whole Grain Pita, Ham	9 Breakfast: Sausage Egg & Cheese Biscuit, Orange Slices, Milk Entrée: Pot Roast, Mashed Potatoes, Gravy, Peas, Carrots, Peaches, Whole Wheat Roll, Milk Snack: Whole Wheat Bread, Peanut Butter/Jelly	10 Breakfast: Banana Muffin, Cranberry Juice, Milk Entrée: WG Breaded Fish, Broccoli, Apple Slices, Cornbread, Milk Snack: Pears, Cottage Cheese	11 Breakfast: Rice Kripiel, Banana, Milk Entrée: Cheese Pizza, Salad s, Peaches, Milk Snack: Whole Wheat Crackers, Tropical Fruit
14 Breakfast: WG Pancakes, Cinnamon Apples, Milk Entrée: Ham, Macaroni and Cheese, Broccoli, Apple Slice, Milk Snack: Wheat Crackers, Pineapple	15 Breakfast: WG: Cheerios, Mandarin Oranges, Milk Entrée: Turkey Sandwich WW, Oven Fries, Peaches, Milk Snack: Applesauce, Whole Grain Muffin	16 Breakfast: Sausage & Biscuit, Pineapples, Milk Entrée: Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk Snack: ½ Tukey Sandwich on Whole Wheat Bread	17 Breakfast: Corn Flakes, Cantaloupe, Milk Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Bun, Milk Snack: Whole Wheat Cracker, Yogurt Cup	18 Breakfast: Corn Flakes, Orange Juice, Milk Entrée: Cheese Pizza, Salad, Fruit Cup, Milk Snack: Whole Grain Fish Crackers, Apple sauce
21 HOLIDAY No School	22 Breakfast: Blueberry Muffin, Applesauce, Milk Entrée: WG Chicken Nuggets, Mashed Potatoes, Green Beans, Pears, Milk Snack: Whole Grain Crackers, Orange Juice	23 Breakfast: WG French Toast w syrup, Orange Wedges, Milk Entrée: Corn Dogs, Oven Fries, Broccoli w/ Cheese, Pineapple, Milk Snack: Applesauce, Whole Grain Muffin	24 Breakfast: Whole Grain Bagel, Apple Slices, Milk Entrée: Rib B Q, Vegetable Medley, Peaches, Whole Grain Roll, Milk Snack: WG Sun Chips, Juice	25 Breakfast: WG Cherriosl, Mandarin Oranges, Milk Entrée: Cheese Pizza, Salad, Tropical Fruit, Milk Snack: Sliced Turkey, Wheat Roll
28 Breakfast: Whole Grain Waffle Sticks, Pineapples, Milk Entrée: Ham and Cheese WW Sandwich, Sweet Potatoes Fries, Pears, , Milk Snack: Sliced cheese, WG bread				