

Menu Name : St Charles Borromeo PreK Lunch Menu  
Grade Level / Age Group : Childcare (Ages 3-5)

Meal : Lunch

**FEBRUARY - 2025**

	Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025	
<b>Hot Meals</b>	<b>Premium Chicken Nuggets</b>	<b>Cheddar Meatballs</b>	<b>Asian Rice Bowl</b>	<b>Premium Chicken Patty Sandwich</b>	<b>Fresh Hot Baked Pizza</b>	<b>Week VI</b>
	Ketchup	Steamed Peas	Seasoned Rice served with Asian Sesame Chicken	WG Bun & Ketchup	Garden Salad & Dressing	
	Steamed Mixed Veggies	Chilled Peaches	Crisp Broccoli & Dip	CKC Baked Beans	Crisp Varietal Apple Wedges	
	Cinnamon Apple Slices	WG Dinner Roll	Banana	Fresh Orange Wedges	Choice Milk	
	Choice Milk	Choice Milk	Choice Milk	Choice Milk		
	Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025	
<b>Hot Meals</b>	<b>Cheeseburger</b>	<b>Brunch Lunch</b>	<b>Pop-Chicken Bowl</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Pizza Hand Pie</b>	<b>Week I</b>
	CKC Baked Beans	French Toast Sticks & Syrup	Popcorn Chicken & Shred Cheddar Cheese on Mashed Potatoes	Steamed Brown Rice	Sliced Cucumbers & Dip	
	Cinnamon Apple Slices	Steamed Carrots	Banana	Mixed Salad & Dressing	Crisp Varietal Apple Wedges	
	Choice Milk	Chilled Peaches	Choice Milk	Frozen Apricot Cup	Choice Milk	
		Choice Milk	Choice Milk	Choice Milk		
	Monday, February 17, 2025	Tuesday, February 18, 2025	Wednesday, February 19, 2025	Thursday, February 20, 2025	Friday, February 21, 2025	
<b>Hot Meals</b>	<b>School Not in Session</b>	<b>BBQ Teriyaki Chicken</b>	<b>Classic Hamburger</b>	<b>Premium Chicken Nuggets</b>	<b>Fresh Hot Baked Pizza</b>	<b>Week II</b>
		Mashed Potatoes	WG Bun, Pickle Rounds & Ketchup	Ketchup	Garden Greens & Dressing	
		Golden Wheat Crackers	CKC Baked Beans	Crisp Broccoli & Dip	Crisp Varietal Apple Wedges	
		Chilled Peaches	Banana	Fresh Orange Wedges	Choice Milk	
		Choice Milk	Choice Milk	Choice Milk		
	Monday, February 24, 2025	Tuesday, February 25, 2025	Wednesday, February 26, 2025	Thursday, February 27, 2025	Friday, February 28, 2025	
<b>Hot Meals</b>	<b>Crunchy Chicken Tenders</b>	<b>Classic Beef Sloppy Joe</b>	<b>Mandarin Orange Chicken</b>	<b>Pasta Bake w/ Red Sauce</b>	<b>School Not in Session</b>	<b>Week III</b>
	Ketchup	Traditional Sloppy Joe meat served on WG Bun & Shred Cheese served on side	Steamed Seasoned Rice	WG Penne w/ Grilled Chicken & Mozzarella		
	Steamed Carrots & Peas		Sliced Cucumbers & Dip	Mixed Salad & Dressing		
	Cinnamon Apple Slices	Steamed Mixed Veggies & Chilled Peaches	Banana	Frozen Apricot Cup		
	Choice Milk	Choice Milk	Choice Milk	Choice Milk		

**Proteins in School Meals**

Protein gets a lot of attention these days. In school meals, we categorize protein-rich foods as “meat and meat alternatives.” These include lean meats such as poultry and beef, beans/legumes and cheese. By offering a variety of options on our menus, we accommodate a range of dietary preferences and needs.

These foods are rich sources of protein, essential for building and repairing tissues, supporting immune function, and maintaining overall health. Additionally, they provide vital nutrients such as iron, zinc and B vitamins, which are crucial for cognitive function, energy metabolism and overall well-being.

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.