



**NORWALK - LA MIRADA UNIFIED SCHOOL DISTRICT
PRESCHOOL PROGRAMS
February Menu 2019**



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|---|
| First Breakfast Entrée served Weeks 1 & 3. Second Breakfast Entrée Served Weeks 2 & 4 | | | | | |
| BREAK-FAST | Cereal (1&3) OR Mini Pancakes (2&4) Applesauce, Mixed Fruit or Pears | Mini Fruit Muffin (1&3) OR Banana Bread (2&4) Apple Slices | Bagel & Cream (1&3) Cheese OR Greek Yogurt (2&4) Banana | Egg & Cheese Biscuit Sandwich (1&3) OR Cheese Pizza Bagel (2&4) Banana | Breakfast Bean and Cheese Burrito (1&3) OR Egg & Cheese Biscuit Sandwich (2&4) Canned Peaches |
| | Gallatin & Huerta | | | | |
| | Cereal Applesauce, Mixed Fruit or Pears | Mini Muffin Apple Slices | Greek Yogurt Banana | Hard Boiled Egg Banana | Banana Bread Slice Canned Peaches |
| MENU SUBJECT TO CHANGE | | | | | |
| All Grain Products are Whole-Grain Rich. Nonfat & 1% milk offered at breakfast and lunch. | | | | | |
| LUNCH | | | | | 1 Breaded Chicken Sandwich Pinto Bean Salad Oranges |
| | 4 Taco Nada Caesar Salad w/ Croutons Canned Fruit | 5 Teriyaki Beef Brown Rice Cucumbers w/ Lemon Canned Fruit | 6 Cheese Pizza Carrot Sticks Fresh Strawberries | 7 Chicken Nuggets Jicama w/ Lemon Oranges | 8 Cheese Stuffed Breadsticks & Marinara Sauce Pinto Bean Salad Oranges |
| | 11 Lincoln's Birthday No Class | 12 Orange Chicken Brown Rice Cucumbers w/ Lemon Canned Fruit | 13 Cheese Pizza Carrot Sticks Fresh Strawberries | 14 Breaded Chicken Drumstick Mashed Potatoes Oranges | 15 Mini Cheeseburger Twins Pinto Bean Salad Oranges |
| | 18 President's Day No Class | 19 Macaroni & Cheese Cucumbers w/ Lemon Canned Fruit | 20 Cheese Pizza Carrot Sticks Fresh Strawberries | 21 Chicken Nuggets Jicama w/ Lemon Oranges | 22 Cheese Stuffed Breadsticks & Marinara Sauce Pinto Bean Salad Oranges |
| | 25 Chicken Tamale in Red Sauce & String Cheese Broccoli with Ranch Canned Fruit | 26 Orange Chicken Brown Rice Cucumbers w/ Lemon Canned Fruit | 27 Cheese Pizza Carrot Sticks Fresh Strawberries | 28 Breaded Chicken Drumstick Tater Tots Oranges | Updated 1/16/19 |
| | SNACK | Zucchini, Carrot, OR Celery String Cheese | Fresh Seasonal Fruit Greek Yogurt | Mini-Muffin Orange Slices | Cereal Milk |



The United States Dept. of Agriculture (USDA) and the California Dept. of Education's Nutrition Services Division (NSD) prohibit discrimination in all of its programs and activities on the basis of race, color, national origin, gender, religion, age or disability. To file a complaint of discrimination, write USDA Director, Office of Civil Rights, Rm. 326-W Whitten Bldg, 14th & Independence Ave, SW, Washington DC, 20250-9410 or call (202) 720-5964 (voice & TDD). The USDA and NSD are equal providers and employers.

NUTRITION CORNER: "TV time can take a toll on your child's nutrition. Why? Many kids spend a fair amount of time in front of the TV and research shows they are easily swayed to choose the foods they see advertised. Some of the foods shown in commercials don't do them any favors when it comes to feeding their growing brains and bodies." Avoid watching TV or using electronic devices during meal times. Limit screen time to less than 2 hours a day and opt for other activities.