



ELC Meal Calendar

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Breakfast	2 Chex Peaches	3 Pancakes Craisins	4 Egg Patty Toast Kiwi	5 Breakfast Pizza Blueberries	6 Banana Muffin Applesauce	7
Lunch	Hot Dog Corn Craisins	Quesadilla Refried Beans Kiwi	Popcorn Chicken Waffle Green Beans Peaches	Mac and Cheese Cooked Carrots Applesauce	Pizza Crusher Broccoli Mandarin Oranges	
Snack	Ham & Cheez It	Yogurt & Blueberries	Cracker Graham & Yogurt	Apple & Sunbutter	Pretzel & Sauce	
8 Breakfast	9 Trix Strawberries	10 Breakfast Bites Pears	11 Breakfast Wrap Kiwi	12 Breakfast Pizza Mixed Fruit	13 Yogurt Mixed Fruit	14
Lunch	BBQ Rib Sandwich Potato Wedges Apple Slices	Nachos Fajita Chicken Cheese Sauce Mexi Beans Orange Wedges	Mini Corndogs Sweet Potato Fries Grapes	Orange Chicken Rice Mixed Vegetables Apple Slices	Cheese Pizza Spring Mix Peaches	
Snack	Mixed Fruit & Muffin	Apple Sauce & Cheez It	Peppers & Hummus	Cheese Stick & Cracker	Banana & Chex	
15 Breakfast	16 Cherries Mixed Fruit	17 Pancakes Apple Sauce	18 Sausage & Egg Bar Mixed Fruit	19 Breakfast Pizza Bananas	20 Blueberry Muffin Mandarin Oranges	21
Lunch	Pork Tenderloin Baked Beans Pear	Walking Taco Baby Carrots Mixed Fruit	Egg Patty Pancake Hasbrown Patty Mandarin Oranges	Turkey and Noodles Mixed Vegetables Applesauce	French Bread Romaine lettuce Bananas	
Snack	Apple Slices & Cheddar Cheese Cubes	Yogurt & Animal Crackers	Sunbutter Sandwich Milk	Cucumber & Turkey	Oatmeal Bar & Peaches	
22 Breakfast	23 Cinnamon Toast Crunch Assorted Fruits	24 French Toast Pears	25 Egg Patty Toast Apples	26 Breakfast Pizza Kiwi	27 Yogurt Kiwi	28
Lunch	Chicken Sandwich Broccoli Mixed Fruit	Fiestada Pizza Refried Beans Orange Slices	BBQ Chicken Wings Cornbread Muffin Sweet Potato Fries Blueberries	Salisbury Steak Dinner Roll Mashed Potatoes Peaches	Sunbutter Sandwich Broccoli Cucumber	
Snack	Ham & Cheez It	Yogurt & Blueberries	Cracker Graham & Yogurt	Apple & Sunbutter	Pretzel & Sauce	
Breakfast: Entrée, Fruit, and Milk		Menu is subject to change				Ryan Geerts Food Service Manager 319-396-7792 ext. 316 ryan.geerts@crxcs.org
Lunch: Entrée, Fruit, Vegetable and Milk		All Grains are whole wheat or whole grain.				
Snack: 2 of the following Milk, Protein, Vegetable, Fruit, and Grain		"This institution is an equal opportunity provider" Substitutes will be available for dietary restrictions.				