

TCW Food Services

February

Menu for Children Ages 1-13

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>All portions are based on age levels governed by the RI & MA Food Programs. We always offer each student more than the minimum required.</p> <p>Whole Grains are always served.</p> <p>All meals are served w/fresh fruit and milk.</p> <p>Allergens: Items that contain dairy and eggs are marked. ^ = Contains Eggs * = Contains Dairy</p> <p>The following day's are vegetarian friendly, and will include the appropriate protein substitutes in place: 2/6 - Mac & Cheese; contains milk, cream and cheese in place of protein. 2/14 - Cheese manicotti; contains cheese as a substitute.</p>					Italian Wedding Soup Spinach, WG Pasta, Carrots, Beans, Chicken and Meatballs^ WG Bread Sticks Pears
	4	5	6	7	8
	Roasted Chicken Roasted Sweet Potatoes WG Rye Bread Oranges	Meatballs^ w/ Sauce Broccoli WG Torpedo Rolls Pears	WG Mac & Cheese* Diced Carrots Apples	Chicken Patty Pesto Green Beans WG Hamb. Rolls Oranges	Roast Beef Dinner Mashed Potatoes * WG Dinner Rolls Pears
	11	12	13	14	15
	Meatloaf ^ Cauliflower WG Dinner Rolls Oranges	Chicken Nuggets Corn WG Oatmeal Bread Pears	Shepard's Pie Grd. Beef, Corn and Mashed Potatoes WG Rye Bread Apples	Cheese Manicotti*^ w/ Sauce Green Beans Oranges	Swedish Meatballs*^ w/ Noodles Peas Pears
	18	19	20	21	22
	TCW Schools Closed in Observance of President's Day!	Chicken Tenders Wax Beans WG Pumpnickle Pears	Meatsauce w/ WG Pasta Sweet Peas Apples	Pork Chops w/ Gravy Au Gratin Potatoes* WG Wheat Bread Oranges	Beef & Barley Soup Squash, Potatoes, Beans, Celery & Onions WG Wheat Bread Pears
	25	26	27	28	
	Meatballs^ w/ Sauce Sliced Carrots WG Torpedo Rolls Oranges	Chicken Strips w/ Dominican Rice Roasted Potatoes Pears	Ham Dinner Sweet Potatoes WG Dinner Rolls Apples	Shepard's Pie Grd. Beef, Corn and Mashed Potatoes WG Rye Bread Oranges	

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.