

# Welcome to our Lunch Cafe @

Phoenixville Manavon\_Early Learning Center

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday



**HARVEST**  
of the  
MONTH



We proudly support clean, organic, local and sustainable agriculture.

5 Stuffed Bread Sticks   
Tomato Sauce Dip  
Turkey & Cheese Sandwich  
Chicken Caesar Salad   
Sloppy Joe on a Bun   
Cucumber Coins  
Peas  
  
*Meatless Mondays!*

6 Soft Taco   
Turkey & Cheese Sandwich  
Chicken Caesar Salad   
Sloppy Joe on a Bun   
Grape Tomatoes  
Corn  
  
**New Item: Chicken Soft Taco**

7 Cheeseburger Turkey & Cheese Sandwich  
Chicken Caesar Salad   
Sloppy Joe on a Bun   
Cucumber Coins  
Sweet Potato Fries  
  
*Harvest of the Month Sweet Potato Fries*

1 Beef and Tomato Macaroni Casserole   
Tuna Salad Sandwich   
Grilled Chicken Salad with Dinner Rolls   
Cheeseburger  
Kidney Beans  
Baked Beans

2 Cheese Pizza   
Tuna Salad Sandwich   
  
Grilled Chicken Salad with Dinner Rolls   
Cheeseburger  
Red Pepper Strips  
Steamed Broccoli  
**Super Bowl Party!**  
**Free Cookie w/ Meal Purchase!**

12 Mac & Cheese   
Chicken Salad Wrap   
Garden Salad with Hard Boiled Eggs & Dinner Rolls   
Beef Hot Dog on Bun  
Celery  
Peas  
  
*Meatless Mondays!*

13 Grilled Ham and Cheese Sandwich   
Chicken Salad Wrap   
Garden Salad with Hard Boiled Eggs & Dinner Rolls   
Beef Hot Dog on Bun  
Red Pepper Strips  
Side of Carrots

14 Crispy Chicken Sandwich  
Chicken Salad Wrap   
Garden Salad with Hard Boiled Eggs & Dinner Rolls   
Beef Hot Dog on Bun  
Carroteenies  
Green Beans

8 Smokehouse Pulled Pork Sandwich   
Turkey & Cheese Sandwich  
Chicken Caesar Salad   
Sloppy Joe on a Bun   
Celery  
Baked Beans  
  
**Lucky Fruit Day!**

9 Cheese Pizza   
Turkey & Cheese Sandwich  
Chicken Caesar Salad   
Sloppy Joe on a Bun   
Grape Tomatoes  
Steamed Broccoli  
  
**Domino's Pizza!**

19   
**PRESIDENT'S DAY**

20 Chicken Tenders  
Cheese Sandwich   
Chicken Caesar Salad   
Ham & Cheese Bagel Melt   
Fresh Broccoli  
Corn

21 Pancakes with Ham   
Cheese Sandwich   
Chicken Caesar Salad   
Ham & Cheese Bagel Melt   
Grape Tomatoes  
Tator Tots  
  
**BRUNCH FOR LUNCH TODAY!**

22 Beef and Tomato Macaroni Casserole   
Cheese Sandwich   
Chicken Caesar Salad   
Ham & Cheese Bagel Melt   
Kidney Beans  
Side of Carrots

23 Cheese Pizza   
Cheese Sandwich   
Chicken Caesar Salad   
Ham & Cheese Bagel Melt   
Celery  
Steamed Broccoli

26 Grilled Cheese   
Creamy Sunbutter  
Grilled Chicken Salad with Dinner Rolls  
Stuffed Bread Sticks   
With Tomato Sauce Dip  
Cucumber Coins  
Corn  
  
*Meatless Mondays!*

27 Crispy Chicken Sandwich  
Creamy Sunbutter  
Grilled Chicken Salad with Dinner Rolls  
Stuffed Bread Sticks   
With Tomato Sauce Dip  
Fresh Broccoli  
Side of Carrots

28 Sloppy Joe on a Bun   
Creamy Sunbutter  
Grilled Chicken Salad with Dinner Rolls  
Stuffed Bread Sticks   
With Tomato Sauce Dip  
Red Pepper Strips  
Sweet Potato Fries  
  
*Harvest of the Month Sweet Potato Fries*

No School!

**SIMPLY ROOTED™**  
in food and family

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply



Rooted™ in food and family and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices:

Reimbursable: \$2.70  
Reduced: \$.40

Assorted Fruits, 100% Fruit Juice and Veggies Offered Daily

Milk Selection: \$.75

1% Chocolate, Fat Free Strawberry Fat Free Milk  
1% Milk

VEGETARIAN MADE WITH ALL NATURAL INGREDIENTS PORK VEGAN MADE WITH ORGANIC INGREDIENTS

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.