



Preschool February 2019 Menu

Emmabeen takes great care and pride in every aspect of food creation. Careful planning has gone into our menu selections and the method of preparation, with an emphasis on sustainable, local and organic products. Our food is produced in house at the East End Commissary Kitchen in Orlando, Fl. Our pledge to you is that we will provide the personal service that we ourselves would expect and appreciate as a customer. Please contact Emily with any sourcing or ingredients questions: emily@emmabeenorlando.com. Please contact your school directly with allergy concerns.

Daily lunch will also include a fruit and vegetable side (unless vegetable in main, Chef's choice).

Week One (February 4-8)

Monday: *Roast Beef Sammy*

Tuesday: *Cheesy Quesadilla with Rice & Beans*

Wednesday: *Waffles with Strawberry Dipping Sauce*

Thursday: *Chicken Stroganoff Sliders
(Open faced ground chicken & veggies in a delicate sauce, topped with melty cheese)*

Friday: *Mini Pizza Sliders (with mini muffin)*

Week Two (February 11-15)

Monday: *Sun Butter & Jam Sammy*

Tuesday: *Cheesiest Macaroni & Cheese*

Wednesday: *Waffles with Strawberry Dipping Sauce*

Thursday: *Chicken & Bean Taco in soft flour tortilla*

Friday: *Mini Pizza Sliders (with mini muffin)*

Week Three (February 18-22)

Monday: *Turkey Sammy*

Tuesday: *Pasta Marinara*

Wednesday: *Waffles with Strawberry Dipping Sauce*

Thursday: *Cheesy Quesadilla with Rice & Beans*

Friday: *Mini Pizza Sliders (with mini muffin)*

Week Four (February 25- March 1)

Monday: *Ham Sammy*

Tuesday: *Cheesiest Macaroni & Cheese*

Wednesday: *Waffles with Strawberry Dipping Sauce*

Thursday: *Turkey Quinoa Meatloaf*

Friday: *Mini Pizza Sliders (with mini muffin)*