



## Breakfast & Snack Menu



# January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Closed for New Year's Day	<b>2</b> +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>3</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese
<b>6</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>7</b> Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	<b>8</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>9</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>10</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
<b>13</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>14</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>15</b> +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>16</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	<b>17</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
<b>20</b>  Closed for MLK Jr Day	<b>21</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>22</b> Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	<b>23</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>24</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
<b>27</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>28</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>29</b> +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>30</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	<b>31</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes

+Whole grain



# Lunch Menu



# January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</p>	<p>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p>	<p><b>1</b>  Closed For New Year's Day</p>	<p><b>2</b> Maryland-style chicken (V) Broccoli &amp; cheddar quinoa w/brown rice * Sugar snaps &amp; carrots *Whole wheat bread/butter Fresh fruit</p>	<p><b>3</b> (V) Whole wheat macaroni &amp; cheese* Mixed vegetables Fresh fruit</p>
<p><b>6</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p>	<p><b>7</b> (V) Whole grain pizza* Garden salad Fresh fruit</p>	<p><b>8</b> Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit</p>	<p><b>9</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p><b>10</b> (V) Beans &amp; Brown rice^ Tossed salad Tortilla* Fresh fruit</p>
<p><b>13</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p><b>14</b> (V) Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p><b>15</b> Spaghetti &amp; meat sauce* (V) Spaghetti &amp; tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit</p>	<p><b>16</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini &amp; yellow squash Whole wheat bread/butter * Fresh fruit</p>	<p><b>17</b> Turkey taco w/whole wheat Tortilla* (V) Beans &amp; brown rice burrito* Corn Grated cheese Fresh fruit</p>
<p><b>20</b>  Closed for MLK Jr Day</p>	<p><b>21</b> Power veggie beef &amp; chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>22</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p><b>23</b> Bean, corn &amp; chicken quesadilla (V) Bean, corn &amp; cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p><b>24</b> (V) Lasagna Tossed salad Fresh fruit</p>
<p><b>27</b> Whole wheat ziti with chicken * (V) Lentil penne &amp; tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p><b>28</b> Chicken chili (V) Veg out chili^ Broccoli &amp; cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>29</b> (V) Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p><b>30</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p><b>31</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>

(V) Vegetarian meal  
#Gluten free

+Whole wheat  
^Vegan

