

What's on the Menu?

	MONDAY 1/9	TUESDAY 1/10	WEDNESDAY 1/11	THURSDAY 1/12	FRIDAY 1/13
BREAKFAST	Rice Krispies Berries Milk Sweet Grits	Scrambled Eggs Toast Pineapple Milk	Cinnamon Oatmeal Berries Milk	Whole Grain Bagels Veggie Cream Cheese Milk	Cheesy Veggie Hashbrowns Turkey Sausage Milk
LUNCH	Toasted Cheese Sandwiches Tomato Basil Soup Sliced Pears Milk	Cheese Pizza Roasted Green Beans Sliced Peaches Milk	Chicken Corn Chowder Herb Focaccia Tropical Fruit Salad Milk Pineapple	Ratatouille Pasta Chopped Salad Mandarin Oranges Milk Roasted Veggies	Beef Shepherd's Pie Roasted Broccoli Pineapple Milk
AFTERNOON SNACK	Cheese Cubes Apple Slices Applesauce/Cheddar Slices	 Pear and Craisin Crisp	French Toast Sticks Berry Compote	Whole Grain Pretzels Veggie Ranch Dip	Cranberry Orange Bread No Cranberries
LATE SNACK (GRAB N GO)	Bananas Fruit Pouches	Cheddar Bars	Fruit Pouches	Cheddar Rice Cakes Fruit Pouches	Nutrigrain Bars

■ Sub 1 & Under



- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months (infants not served milk)
- ▶ 1% milk served to children 24 months and older
- ▶ All meals served family style

