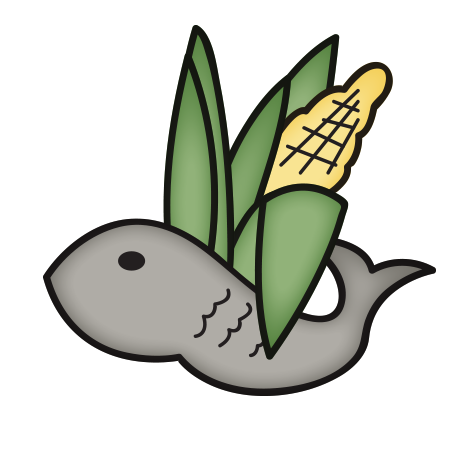
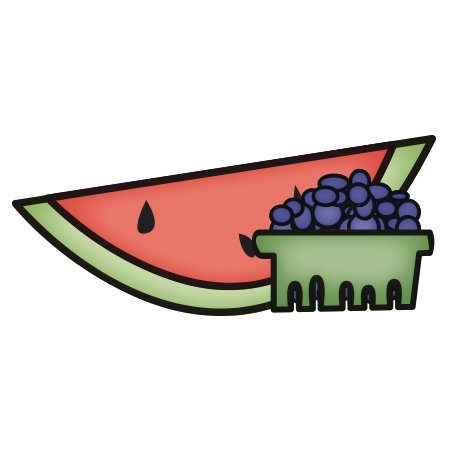


January 2020

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **January 1-3** |  |  | **1**  **C:\Users\Procare\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W8JCR7VX\New-Year-2017-PNG-8[1].png**  **Happy New Year!**  **Small Wonders Closed** | **2**  **Mini Twin Cheeseburgers**  **Broccoli**  **Mandarin Oranges** | **3**  **Toasted Cheese**  **Sweet Potato Fries**  **Mixed Fruit** |
| **January 6-10** | **6**  **Cheese Quesadilla**  **Salsa**  **Tropical Fruit Salad** | **7**  **Chicken Nuggets with Sweet & Sour Sauce**  **Potato Emojis**  **Diced Peaches** | **8**  **Hamburger with Whole Grain Bun**  **Yellow Corn**  **Applesauce** | **9**  **Italian Dipper Pierogis**  **Marinara Cup**  **BBQ Baked Beans**  **Fresh Oranges** | **10**  **Homestyle Chicken Bowl**  **Green Beans**  **Mixed Fruit** |
| **January 13-17** | **13**  **Cheese Pizza**  **Broccoli & Cheese**  **Tropical Fruit Salad** | **14**  **Salisbury Steak with Mashed Potatoes & Gravy**  **Dinner Roll**  **Diced Peaches** | **15**  **Wowich**  **Spudsters**  **Applesauce** | **16**  **Cherry Blossom Chicken and Veggie Fried Rice**  **Seasoned Edamame**  **Fresh Oranges** | **17**  **Toasted Cheese**  **Sweet Potato Fries**  **Mixed Fruit** |
| **January 20-24** | **20**  **C:\Users\Procare\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\U1SBXMF7\01.18.2014-Dr-MLKjr[1].jpg**  **MLK Jr. Day**  **Small Wonders Closed** | **21**  **Hamburger with Whole Grain Bun**  **BBQ Baked Beans**  **Diced Peaches** | **22**  **Chicken & Waffles**  **Diced Carrots**  **Applesauce** | **23**  **Walking Taco**  **Tostito’s**  **Yellow Corn**  **Fresh Oranges** | **24**  **Chicken Dumplings**  **Seasoned Edamame**  **Mixed Fruit** |
| **January 27-31** | **27**  **Breaded Ravioli**  **Marinara Cup**  **Broccoli**  **Tropical Fruit Salad** | **28**  **Mini Twin Cheeseburgers**  **BBQ Baked Beans**  **Diced Peaches** | **29**  **Cheese Pizza**  **Cucumber Moons**  **Applesauce** | **30**  **Chicken Sandwich**  **Sweet Potato Fries**  **Mixed Fruit** | **31**  **Toasted Cheese**  **Spudsters**  **Fresh Oranges** |

January 2020 Snack Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **Menu items are subject to change without notification** | **Whole Grain Soft Pretzel & Milk** | **Whole Grain Mini Muffin Loaf & Applesauce** | **Yogurt & Fresh Fruit** | **Whole Grain Granola Bar & Milk** | **String Cheese & Honey Graham Crackers** |



Small Wonders has additional options daily for snack such as:

* Yogurt
* Fresh Fruit
* Cheerios, Rice Chex, Corn Chex, Rice Krispies
* Nutrigrain Bars
* Sun Butter and Pita Bread

**Child Nutrition**

All weekly menus meet the following guidelines based on the USDA nutrition standards for 2015:

* Acceptable calorie range for the age group
* All grains served are whole grains
* <10% of calories from saturated fat
* National sodium guidelines
* Five sub-groups of vegetables offered
* Choices of fruit and vegetables offered daily