

January 2020

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| --- | --- | --- | --- | --- | --- |
|  | 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

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|  | 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