



Little Apron Academy ~ January 2020 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Breakfast: Corn Flakes Cereal w/ Fresh Bananas Lunch: Naan's Vegetarian Pizza Roasted Brussel Sprouts w/ Fresh Pears PM Snack: Vanilla Wafers Sunflower Butter Cups w/ Fresh Fruit	31 <u><i>New Year's Eve!!!!</i></u>	1 <u><i>New Year's Day!!!!</i></u> <u><i>Center Closed</i></u>	2 Breakfast: Turkey Bacon, Eggs Cheese Grits w/ Fresh Orange Lunch: Turkey Cheeseburgers Potato Wedges Steamed Broccoli w/ Fresh Apple PM Snack: Breadsticks Marinara Sauce w/ Fresh Fruit	3 Breakfast: Whole Grain Waffles Turkey Sausage Patties w/ Mixed berry Compote Lunch: Turkey Chili Carrots Whole Grain Crackers w/ Pineapple Tidbits PM Snack: Black Bean Crackers Guacamole w/ Fresh Fruit
6 Breakfast: Corn Flakes Cereal w/ Fresh Bananas Lunch: Naan's Vegetarian Pizza Roasted Brussel Sprouts w/ Fresh Pears PM Snack: Vanilla Wafers Sunflower Butter Cups w/ Fresh Fruit	7 Breakfast: Cream of Wheat w/ Mixed Berries Lunch: Chicken Florentine Over Penne Pasta Spinach Dinner Rolls w/ Diced Pears PM Snack: Wheat Crackers String Cheese w/ Fresh Fruit	8 Breakfast: English Muffin Sandwich w/ Diced Peaches Lunch: Butternut Squash Ravioli Green Beans Bread Sticks w/ Fruit Medley PM Snack: Graham Crackers Yogurt Fruit Smoothie	9 Breakfast: Cinnamon Oatmeal w/ Blueberries Lunch: Chicken Vegetable noodle Soup Oyster Crackers w/ Fresh Apples PM Snack: Carrot Bread w/ Fresh Fruit	10 Breakfast: Pancake & Sausage w/ Bananas Lunch: Turkey Mac Macaroni & Cheese Seasoned Broccoli w/ Sliced Peaches PM Snack: Red Pepper Hummus Naans Flat Bread w/ Fresh Fruit
13 Breakfast: Rice Chex Cereal w/ Bananas Lunch: Chicken Tender Sweet Potato Wedges Vegetable Blend w/ Diced Pears PM Snack: Sun butter Bars w/ Fresh Pears	14 Breakfast: French Toast Vegetarian Sausage w/ Sliced Apples Lunch: Turkey Pot Pie w/vegetables w/ Fresh Oranges PM Snack: Graham Crackers w/ Fresh Fruit	15 Breakfast: Baked Hash Brown Turkey Bacon w/ Diced Mango Lunch: Chicken Tortellini Soup w/ Cheese Toast w/ Pineapple Tidbits PM Snack: Sweet Potato Bread Applesauce	16 Breakfast: Canadian Bacon Breakfast Sandwich w/ Mixed Fruit Lunch: Sliced Turkey Butter Herb Rice Seasoned Broccoli w/ Sliced Apples PM Snack: Spinach Artichoke Dip Pita Chips w/ Fresh Fruit	17 Breakfast: Cinnamon Raisin Bagels w/ Mandarin Oranges Lunch: Turkey and Cheese Sandwiches Green Beans w/ Tropical Fruit PM Snack: Breadsticks Marinara w/ Fresh Fruit
20 Breakfast: Cheerios Cereal w/ Bananas Lunch: Vegetarian Lasagna Dinner Rolls w/ Tropical Fruit PM Snack: Graham Crackers w/ Fruit Salsa	21 Breakfast: Cheese Toast Turkey Sausage w/ Baked Apples Lunch: Chicken and Cheese Tortellini Pea and Carrots w/ Fresh Oranges PM Snack: Banana Bread w/ Fresh Fruit	22 Breakfast: Cream of Wheat w/ Mixed Berries Lunch: Chili Con Carne Buttermilk Corn Muffins w/ Pears PM Snack: Baked Pita Mango Salsa w/ Sliced Apples	23 Breakfast: French Toast Turkey Bacon w/ Fresh Oranges Lunch: Chicken Alfredo Broccoli and Cheese Garlic Bread w/ Diced mangos PM Snack: String Cheese & Wheat Crackers w/ Fresh Fruit	24 Breakfast: English Muffins Turkey Sausage w/ Honeydew Melon Lunch: BBQ Chicken Macaroni and Cheese Green Beans w/diced PM Snack: Guacamole & Tortilla Chips w/ fresh fruit
27 Breakfast: Rice Crispy Cereal w/ Bananas Lunch: Chicken and Cheese Sliders Seasoned Broccoli w/dice mangos PM Snack: Tomato and Cucumber salad Wheat Crackers w/ Fresh Fruit	28 Breakfast: Apple Cinnamon Muffins w/ Diced Mango Lunch: Butternut Squash Ravioli w/ Cream Spinach Sauce Bread Sticks w/ Sliced Pears & Peaches PM Snack: Hummus & Celery Sticks w/ Fresh Fruit	29 Breakfast: Whole Grain Waffles Canadian Bacon w/ Pineapple Yogurt Lunch: Turkey Meatballs Mashed Potatoes/ Gravy Green Peas w/ Apricot Halves PM Snack: Sun Butter & Bananas w/ Fresh Fruit	30 Breakfast: Plain bagel w/ Strawberry Cream Cheese w/ Blueberries Lunch: Cheese Pizza Green Beans w/ Peaches PM Snack: Carrot Bread w/ Fresh Fruit	31 Breakfast: Cheerios w/Oranges Lunch: Chicken Enchilada Soup Wheat Crackers w/ Diced Peaches PM Snack: Vanilla Yogurt w/ Fresh Fruit

LAA serves whole milk to children less than two years of age and 1% milk to children over two years of age.
Milk is served at AM snack and lunch. Water is served at PM snack