

# January Menu

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.  
*Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.*

## January 1-5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Happy New Year!</b>	Muffins (whole grain) Fresh Fruit skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Whole wheat toast w/jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch		Chicken Nuggets (child nutrition approved) Fresh Celery Sticks w/dip Peaches (canned) Skim milk	Tacos Soup (ground beef, pinto beans, mixed veggies & tomato sauce with cheese on top) Whole grain tortilla chips Fresh Fruit Skim Milk	Shepherd's Pie (ground beef, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Applesauce (canned) Skim milk
Snack		Pretzels 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Ice Water	String Cheese 100% Fruit Juice	Cheesy Crackers Skim Milk

## January 8-12

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Turkey & Cheese Sandwich (on whole wheat bread) Baked Fries (frozen) Fresh Cauliflower w/dip Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Sloppy Joes on whole wheat buns Pears (Canned) Baked Beans (Canned) Skim Milk	Spaghetti w/meat and tomato sauce Green beans (canned) Skim milk	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Diced Peaches (canned) Skim Milk
Snack	Chex Mix (whole grain chex cereal pretzels & Raisins) Ice Water	Whole wheat bread w/cinnamon butter 100% Fruit Juice	Ritz 100% Fruit Juice	Apples Cheese Slice	Graham Crackers 100% Fruit Juice

## January 15-19

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Martin Luther King Day CLOSED</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch		Bean & Cheese burrito Fresh Fruit Corn (frozen) Skim milk	Tacos (ground beef, cheese & fresh lettuce on a whole corn taco shell) Refried beans (canned) Skim Milk	Hamburger Gravy over mashed Potatoes, Mixed veggies (frozen) Whole Wheat Rolls Skim Milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Applesauce (canned) Skim milk
Snack		Cottage Cheese & Saltines Ice Water	Yogurt & Whole grain cereal pieces Ice water	Pretzels 100% Fruit Juice	Wheat Thins (whole wheat) 100% Fruit Juice

## January 22-26

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Corn Dogs (Child Nutrition labeled) Baked Beans (Canned) Fresh Celery Sticks w/dip Skim Milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Spanish Rice w/ground beef and tomato sauce Green beans (canned) Skim milk	BBQ Chicken Sandwich (on a whole wheat bun) Corn Applesauce Skim Milk	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Diced Peaches (canned) Skim Milk
Snack	Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddlers - 3's)	Whole wheat bread with cinnamon butter 100% Fruit Juice	Ritz 100% Fruit Juice	Cheesy Crackers Skim Milk

**January 29 - February 2**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Whole wheat toast w/ Jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Hogie Wrap (assorted deli meat and cheese on a tortilla) Baked fries (frozen) Fresh Celery Sticks w/dip Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over whole grain macaroni) Peas (frozen) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Taco Salad (ground beef, cheese & fresh lettuce on whole grain tortilla chips) Ranch Style beans (canned) Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Applesauce (canned) Skim milk
<b>Snack</b>	Grahams 100% Fruit Juice	Pretzels 100% Fruit Juice	Yogurt & Whole Wheat Cereal Pieces Ice water	Cottage Cheese & Saltines Ice Water	String cheese 100% Fruit Juice