

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 4-8

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Applesauce skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Whole Wheat Toast Fresh Fruit or potato rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chicken Patties (child nutrition approved, whole grain bredding) Mixed Veggies - Cali blend (frozen) Mashed Potatoes w/gravy Skim milk	Sloppy Joes on whole wheat buns Fresh cauliflower w/dip Green Beans (canned) Skim Milk	Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn tortilla chips) Ranch Style beans (canned) Skim milk	Chicken Alfredo (chicken, noodles and alfredo sauce) Peas (canned) Peaches (canned in juice) Skim milk	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Fruit Cocktail (canned in juice) Baby Carrots w/dip Skim milk
Snack	Elf Grahams 100% Fruit Juice	Whole wheat bread w/cinnamon butter Milk	Chex Mix (whole grain chex cereal & pretzels) 100% Fruit Juice	Apples & Sunbutter 100% Water	Wheat thins 100% Fruit Juice

January 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Whole grain Bagel w/butter and jam Fresh Fruit Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Pickled Beets (canned) Skim Milk	Lasagna Noodles (made w/lean ground turkey, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Ground turkey & Cheese burritos (whole grain tortillas) Corn Fresh Cucumber spears w/dip Skim milk	Turkey Dogs on a whole wheat bun Tator Tots Baked beans (canned) Skim milk
Snack	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddlers - 3's) Water	Goldfish crackers Milk	Oyster Crackers 100% Fruit Juice	String Cheese Ritz Water	Pretzels 100% Fruit Juice

January 18-22

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Matin Luther King Day	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Pancakes Fresh Fruit or potato rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch		Tuna & Cheese Sandwich on whole wheat bread Baby carrots w/dip Applesauce Skim milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Chicken Taco Soup (tomato based soup with mixed veggies & cheese on top) Tortilla Chips Fresh Cauliflower Skim Milk	Hamburgers on a a whole wheat bun Pickles Fruit Cocktail (canned in juice) Skim milk
Snack		Yogurt & Whole grain Cereal Pieces Water	Animal Crackers 100% Fruit Juice	Pita bread w/dip 100% Fruit Juice	Saltines Cottage Cheese Water

January 25-29

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Wheat Toast w/honey Fresh Fruit Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Chicken Nuggets (child nutrition approved, whole grain bredding) Baked Beans (canned) Peaches (canned) Skim milk	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Green beans (canned) Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned in juice) Skim milk	Hot Flatbread Pizzas (diced ham, cheese & sauce on flat bread) Fresh Salad Skim Milk	Brunch Day: Cheese Omelets Tator Tots Oranges Toast Skim milk
Snack	Whole wheat bread w/cinnamon butter Milk	Chex Mix (whole grain chex cereal pretzels) 100% Fruit Juice	Apples & Sun butter Water	Wheat Thins 100% Fruit Juice	Teddy Grahams 100% Fruit Juice

The USDA is an equal opportunity provider and employer.