

# January Breakfast

## ADULT DAY CENTER

Mon	Tue	Wed	Thu	Fri
				1 <b>WG Pancakes</b> Strawberries  <span style="color:red">Milk</span>
5 <b>WG Croissant</b> Oranges  <span style="color:red">Milk</span>	6 <b>French Toast Sticks</b> Peaches  <span style="color:red">Milk</span>	7 <b>Hashbrowns</b> WG Toast  <span style="color:red">Milk</span>	8 <b>Cheerios Cereal</b> Banana  <span style="color:red">Milk</span>	9 <b>Banana Muffin</b> Mixed Fruit  <span style="color:red">Milk</span>
12 <b>WG Waffles</b> Tropical Fruit  <span style="color:red">Milk</span>	13 <b>Yogurt</b> Blueberries  <span style="color:red">Milk</span>	14 <b>WG Bagel</b> Strawberries  <span style="color:red">Milk</span>	15 <b>WG French Toast Sticks</b> Oranges  <span style="color:red">Milk</span>	16 <b>Scrambled Eggs</b> Hashbrowns  <span style="color:red">Milk</span>
19 <b>Turkey Sausage Patty</b> Mashed Apple Slices  <span style="color:red">Milk</span>	20 <b>Cheerios Cereal</b> Mixed Fruit  <span style="color:red">Milk</span>	21 <b>WG Biscuit</b> Cinnamon Applesauce  <span style="color:red">Milk</span>	22 <b>WG Pancake</b> Blueberries  <span style="color:red">Milk</span>	23 <b>Cinnamon Oatmeal</b> Blueberries  <span style="color:red">Milk</span>
26 <b>Oatmeal</b> Raisins  <span style="color:red">Milk</span>	27 <b>WG Frosted Mini Wheats</b> Banana  <span style="color:red">Milk</span>	28 <b>WG Waffle</b> Strawberries  <span style="color:red">Milk</span>	29 <b>Scrambled Eggs</b> Tater Tots Salsa  <span style="color:red">Milk</span>	30 <b>French Toast Sticks</b> Banana  <span style="color:red">Milk</span>

This institution is an Equal Opportunity Employer

**Serving Sizes:** Milk -  $\frac{1}{2}$  cup (whole)

Milk -  $\frac{3}{4}$  cup (1%)

Milk - 1 cup

**Key:** HM - Homemade  
WGR - Whole Grain Rich

WG - Whole Grain  
WW - Whole Wheat

**Ages 1-2** Grains/Meat Alternative -  $\frac{1}{2}$  oz  
Fruit/Vegetable -  $\frac{1}{4}$  cup

**Ages 3-5** Grains/Meat Alternative -  $\frac{1}{2}$  oz  
Fruit/Vegetable -  $\frac{1}{2}$  cup

**Ages 6-18** Grains/Meat Alternative -  $\frac{1}{2}$  cup  
Fruit/Vegetable -  $\frac{1}{2}$  cup

# January

## Lunch

### ADULT DAY CENTER

Mon	Tue	Wed	Thu	Fri
 JRC Kids. Seniors. Community.				1 <b>WG Pasta with Ground Turkey</b> Garlic Green Beans Oranges <span style="color: red;">Milk</span>
<b>Tuna Noodle Casserole</b> 5 WG Noodles Peas Apple Slices <span style="color: red;">Milk</span>	<b>Chicken Quesadilla</b> 6 WG Tortilla Corn Pineapple <span style="color: red;">Milk</span>	<b>WG Spaghetti with Ground Turkey</b> 7 Served with Red Sauce Seasoned Cauliflower Peaches <span style="color: red;">Milk</span>	<b>Meatloaf</b> 8 Mashed Potatoes Green Beans Watermelon <span style="color: red;">Milk</span>	<b>Chicken and Waffles</b> 9 WG Waffle Sweet Potato Fries Fruit Cocktail <span style="color: red;">Milk</span>
<b>Hot Turkey and Cheese Sliders</b> 12 WG Slider Bun Lettuce and Tomato French Fries Oranges <span style="color: red;">Milk</span>	<b>Seasoned Chicken and Rice</b> 13 WG Rice Broccoli Apple Slices <span style="color: red;">Milk</span>	<b>Ground Beef Mac n Cheese</b> 14 WG Macaroni Sweet Carrots Pears <span style="color: red;">Milk</span>	<b>Chicken Patty Sandwich</b> 15 WG Bun Baked Beans Peaches with Cinnamon Crisp <span style="color: red;">Milk</span>	<b>Turkey Tetrazzini</b> 16 California Blend Vegetables Pineapple <span style="color: red;">Milk</span>
<b>Tater Tot Casserole</b> 19 Ground Beef WG Breadstick Applesauce <span style="color: red;">Milk</span>	<b>Chili with Ground Turkey</b> 20 WG Crackers Corn <span style="color: red;">Milk</span>	<b>Tuscan Grilled Cheese with Gnoccio Soup</b> 21 WG Bread Pineapple <span style="color: red;">Milk</span>	<b>Chicken Strips</b> 22 WG Bun Honey Dew Melon Broccoli <span style="color: red;">Milk</span>	<b>Turkey Burger</b> 23 WG Bun Sweet Potato Fries Peaches <span style="color: red;">Milk</span>
<b>WG Pasta with Ground Turkey</b> 26 Served with Red Sauce California Blend Vegetables Pineapple <span style="color: red;">Milk</span>	<b>Baked Fish Wrap</b> 27 WG Tortilla Corn Tropical Fruit <span style="color: red;">Milk</span>	<b>BBQ Chicken</b> 28 Mac n Cheese Green Beans Peaches <span style="color: red;">Milk</span>	<b>Sloppy Joe</b> 29 Ground Beef WG Bun Cauliflower Oranges <span style="color: red;">Milk</span>	<b>Turkey Pot Pie</b> 30 Mixed Vegetables Pears <span style="color: red;">Milk</span>

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Fruit/Vegetable -  $\frac{1}{4}$  cup

Milk -  $\frac{3}{4}$  cup (1%)

**Ages 3-5** Grains/Meat Alternative -  $\frac{1}{2}$  oz  
Fruit/Vegetable -  $\frac{1}{2}$  cup

Milk - 1 cup

**Ages 6-18** Grains/Meat Alternative -  $\frac{1}{2}$  cup  
Fruit/Vegetable -  $\frac{1}{2}$  cup

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# Snack

## ADULT DAY CENTER

Mon	Tue	Wed	Thu	Fri
				1 <b>French Toast Sticks</b> Peaches 2
<b>Blueberry Muffin</b> Mixed Fruit 5	<b>Yogurt</b> Animal Crackers 6	<b>Trail Mix</b> Banana 7	<b>Celery and Carrots</b> Served with Ranch Dressing Banana 8	<b>String Cheese</b> WG Ritz Crackers 9
<b>Cinnamon Applesauce</b> Blueberries 12	<b>WG Goldfish Crackers</b> Bananas 13	<b>Cottage Cheese</b> Applesauce 14	<b>WG Cheez Its Crackers</b> Peaches 15	<b>Mixed Fruit Smoothie</b> 16
<b>Banana Muffin</b> String Cheese 19	<b>English Muffin Cheese Pizza</b> 20	<b>WG Animal Crackers</b> Oranges 21	<b>WG Ritz Crackers</b> Cantaloupe 22	<b>Bosco Sticks</b> Served with Marinara 23
<b>WG Ritz Crackers</b> Bananas 26	<b>WG Cheez Its Crackers</b> Blueberries 27	<b>Soft Pretzel</b> Peaches 28	<b>WG Noodles</b> Served with Cheese 29	<b>WG Goldfish Crackers</b> Peaches 30

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Fruit/Vegetable -  $\frac{1}{4}$  cup

**Ages 3-5** Grains/Meat Alternative -  $\frac{1}{2}$  oz

Fruit/Vegetable -  $\frac{1}{2}$  cup

**Ages 6-18** Grains/Meat Alternative -  $\frac{1}{2}$  cup

Fruit/Vegetable -  $\frac{1}{2}$  cup