


January

LEARNING CENTERS

Breakfast

Mon	Tue	Wed	Thu	Fri
			1	WG Pancakes Strawberries Milk
WG Croissant Oranges Milk	French Toast Sticks Peaches Milk	Hashbrowns WG Toast Milk	Cheerios Cereal Banana Milk	Banana Muffin Mixed Fruit Milk
WG Waffles Tropical Fruit Milk	Yogurt Blueberries Milk	WG Bagel Strawberries Milk	WG French Toast Sticks Oranges Milk	Scrambled Eggs Hashbrowns Milk
Turkey Sausage Patty Mashed Apple Slices Milk	Cheerios Cereal Mixed Fruit Milk	WG Biscuit Cinnamon Applesauce Milk	WG Pancake Blueberries Milk	Cinnamon Oatmeal Blueberries Milk
Oatmeal Raisins Milk	WG Frosted Mini Wheats Banana Milk	WG Waffle Strawberries Milk	Scrambled Eggs Tater Tots Salsa Milk	French Toast Sticks Banana Milk

This institution is an Equal Opportunity Employer

Serving Sizes:

Milk - ½ cup (whole)

Milk - ¾ cup (1%)

Milk - 1 cup

Key:

HM - Homemade

WG - Whole Grain

Ages 1-2

Grains/Meat Alternative - ½ oz

Ages 3-5

Grains/Meat Alternative - ½ oz

Ages 6-18

Grains/Meat Alternative - ½ cup

WGR - Whole Grain Rich

WW - Whole Wheat

Fruit/Vegetable - ¼ cup


Fruit/Vegetable - ½ cup

Fruit/Vegetable - ½ cup

January

Lunch

LEARNING CENTERS

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

This institution is an Equal Opportunity Employer

Serving Sizes:

Milk - ½ cup (whole)

Milk - ¾ cup (1%)

Milk - 1 cup

Ages 1-2

Grains/Meat Alternative - ½ oz

Ages 3-5

Grains/Meat Alternative - ½ oz

Ages 6-18

Grains/Meat Alternative - ½ cup

Key:

HM - Homemade

WG - Whole Grain

WGR - Whole Grain Rich

WW - Whole Wheat

Fruit/Vegetable - ¼ cup


Fruit/Vegetable - ½ cup

Fruit/Vegetable - ½ cup

January

Snack

LEARNING CENTERS

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

This institution is an Equal Opportunity Employer

Serving Sizes:

Milk - ½ cup (whole)

Milk - ¾ cup (1%)

Milk - 1 cup

Key:

HM - Homemade

WG - Whole Grain

Ages 1-2

Grains/Meat Alternative - ½ oz

Ages 3-5

Grains/Meat Alternative - ½ oz

Ages 6-18

Grains/Meat Alternative - ½ cup

WGR - Whole Grain Rich

WW - Whole Wheat

Fruit/Vegetable - ¼ cup

Fruit/Vegetable - ½ cup

Fruit/Vegetable - ½ cup