

# January

## LEARNING CENTERS

# Breakfast

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

### LEARNING CENTERS

Mon	Tue	Wed	Thu	Fri
 JRC Kids. Seniors. Community.				1 <b>WG Pasta with Ground Turkey</b> Garlic Green Beans Oranges  <small>Milk</small>
<b>Tuna Noodle Casserole</b> WG Noodles Peas Apple Slices  <small>Milk</small>	<b>Chicken Quesadilla</b> WG Tortilla Corn Pineapple  <small>Milk</small>	<b>WG Spaghetti with Ground Turkey</b> Served with Red Sauce Seasoned Cauliflower Peaches  <small>Milk</small>	<b>Chicken Tenders</b> Mashed Potatoes Green Beans Watermelon  <small>Milk</small>	2 <b>Chicken and Waffles</b> WG Waffle Sweet Potato Fries Fruit Cocktail  <small>Milk</small>
<b>Hot Turkey and Cheese Sliders</b> WG Slider Bun Lettuce and Tomato French Fries Oranges  <small>Milk</small>	<b>Seasoned Chicken and Rice</b> WG Rice Broccoli Apple Slices  <small>Milk</small>	<b>Ground Beef Mac n Cheese</b> WG Macaroni Sweet Carrots Pears  <small>Milk</small>	<b>Chicken Patty Sandwich</b> WG Bun Baked Beans Peaches with Cinnamon Crisp  <small>Milk</small>	9 <b>Cheese Pizza</b> California Blend Vegetables Pineapple  <small>Milk</small>
<b>Tater Tot Casserole</b> Ground Beef WG Breadstick Applesauce  <small>Milk</small>	<b>Chili with Ground Turkey</b> WG Crackers Corn  <small>Milk</small>	<b>Tuscan Grilled Cheese with Gnoccio Soup</b> WG Bread Pineapple  <small>Milk</small>	<b>Chicken Strips</b> WG Bun Honey Dew Melon Broccoli  <small>Milk</small>	16 <b>Turkey Burger</b> WG Bun Sweet Potato Fries Peaches  <small>Milk</small>
<b>WG Pasta with Ground Turkey</b> Served with Red Sauce California Blend Vegetables Pineapple  <small>Milk</small>	<b>Baked Fish Wrap</b> WG Tortilla Corn Tropical Fruit  <small>Milk</small>	<b>BBQ Chicken</b> Mac n Cheese Green Beans Peaches  <small>Milk</small>	<b>Sloppy Joe</b> Ground Beef WG Bun Cauliflower Oranges  <small>Milk</small>	23 <b>Turkey Pot Pie</b> Mixed Vegetables Pears  <small>Milk</small>

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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

**Key:** HM - Homemade  
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# January Snack

## LEARNING CENTERS

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

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

Milk - 1 cup

Key: HM - Homemade

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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