

## Breakfast

January 1 - January 31

### *What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy New Year! CLOSED	2 Diced Pear Cup - 1/2c. Chat Snacks -1 1% White Milk-6 oz.	3 Mixed Fruit Cup- 1/2c W/G White Bagel with Cream Cheese - 1 1% White Milk-6 oz.	4 Fresh Pear-1 Cinnamon Raisin Bagel w/ Cream Cheese - 1 1% White Milk-6 oz.	5 Strwbry Applesauce Cup- 1/2c W/G Banana Muffin- 2oz. 1% White Milk-6 oz.
8 Mixed Fruit Cup - 1/2c. W/G Corn Muffin - 2oz. 1% White Milk-6 oz.	9 Fresh Orange - 1 W/G Strawberry Muffin - 2 oz. 1% White Milk-6 oz.	10 Fresh Apple-1 W/G White Bagel with Cream Cheese - 1 1% White Milk-6 oz.	11 Diced Pear Cup- 1/2c. W/G Cranberry Muffin -2oz. 1% White Milk-6 oz.	12 Peach Applesauce Cup-1/2c. W/G Graham Crackers -3pk 1% White Milk-6 oz.
15 CLOSED	16 Peach Applesauce Cup - 1/2c. W/G Animal Snackables- 1.1oz 1% White Milk-6 oz.	17 Mandarin Orange Cup - 1/2c. Whole Wheat Bagel with Cream Cheese - 1 1% White Milk-6 oz.	18 Fresh Orange - 1 W/G Corn Muffin - 2oz. 1% White Milk-6 oz.	19 Mixed Fruit Cup - 1/2c. W/G Croissant with Margarine - 2.2oz. 1% White Milk-6 oz.
22 Fresh Apple - 1 W/G Chocolate Loaf-2 oz. 1% White Milk-6 oz.	23 Applesauce Cup - 1/2c. Oatmeal - 1/4 c. 1% White Milk-6 oz.	24 Fresh Orange-1 W/G Strawberry Muffin - 2oz . 1% White Milk-6 oz.	25 Diced Pear Cup- 1/2c. W/G Alphabet Snackables - 1.1oz. 1% White Milk-6 oz.	26 Mandarin Orange Cup - 1/2c. W/G Blueberry Muffin - 2oz. 1% White Milk-6 oz.
29 Diced Peach Cup - 1/2c W/G Chocolate Loaf - 2oz. 1% White Milk-6 oz.	30 Fresh Orange - 1 Cheerios - 1/4 c. 1% White Milk-6 oz.	31 Fresh Apple-1 W/G Croissant with Margarine - 2.2oz. 1% White Milk-6 oz.		Nursery Program receives whole milk

## Lunch

January 1 - January 31

# *What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Happy New Year!</b>	2 Chicken Meatballs w/ Teriyaki Sauce - 3oz. Mixed Vegetables - 1/2c. Fresh Apple-1 Whole Wheat Dinner Roll -1 1% White Milk-6 oz.	3 W/G Chicken Nuggets-4 Diced Carrots - 1/2c. Fresh Banana-1 Whole Grain Bread - 1 1% White Milk-6 oz.	4 BBQ Beef Riblet on Wheat Hamburger Bun - 1 Kidney Beans - 1/2c. Fresh Orange - 1 1% White Milk-6 oz.	5 Whole Wheat 3x5 Cheese Pizza-1 Romaine Salad w/ Dressing-1 c. Diced Peach Cup-1/2 c. Mozzarella Cheese Sticks-1 1% White Milk-6 oz.
8 W/W Chicken & Cheese Quesadillas - 3 Black Beans - 1/2c. Fresh Apple - 1 1% White Milk-6 oz.	9 <b>BREAKFAST FOR LUNCH</b> French Toast Sticks-3 w/Syrup Turkey Sausage Links-2oz. Fresh Baby Carrots w/ Dip-1 c. Applesauce Cup - 1/2 c. 1% White Milk-6 oz.	10 Cheese Lasagna with Meat Sauce-4 oz. Green Beans-1/2 c. Whole Wheat Dinner Roll - 1 Fresh Banana-1 1% White Milk-6 oz.	11 Beef Meatloaf w/ Ketchup-3 oz. Roasted Potatoes-1/2 c. Whole Wheat Dinner Roll - 1 Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.	12 Macaroni and Cheese-6 oz. Broccoli Florets-1/2 c. Whole Grain Bread - 1 Fresh Orange-1 1% White Milk-6 oz.
15 <b>CLOSED</b>	16 W/G Popcorn Chicken-3.8 oz. Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread - 1 1% White Milk-6 oz.	17 All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-1 c. Fresh Banana-1 1% White Milk-6 oz.	18 Grilled Chicken Fillet with Gravy-3 oz. Mashed Potatoes-1/2 c. Applesauce Cup-1/2 c. Whole Grain Bread -1 1% White Milk-6 oz.	19 Tony's Pizza - 4.5oz. Romaine Salad w/ Dressing-1 c. Fresh Orange-1 1% White Milk-6 oz.
22 Breaded Chicken Patty on a Whole Wheat Bun-1 Diced Carrots - 1/2c. Mandarin Orange Cup-1/2 c. 1% White Milk-6 oz.	23 BBQ Beef Riblet on Wheat Hamburger Bun - 1 French Fries - 1/2c. Fresh Apple-1 1% White Milk-6 oz.	24 Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Diced Pear Cup-1/2 c. 1% White Milk-6 oz.	25 Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables - 1/2c. Fresh Apple-1 Whole Wheat Dinner Roll -1 1% White Milk-6 oz.	26 Macaroni and Cheese-6 oz. Broccoli Florets-1/2 c. Whole Grain Bread Fresh Apple-1 1% White Milk-6 oz.
29 Baked Ziti w/ Sauce-8 oz. Peas - 1/2c. Whole Grain Bread - 1 Applesauce Cup - 1/2 c. 1% White Milk-6 oz.	30 Beef Bologna & Cheese on Whole Grain Bread - 1 Fresh Baby Carrots w/ Dip-1 c. Fresh Apple-1 1% White Milk-6 oz.	31 W/G Breaded Chicken Patty on Wheat Hamburger Bun - 1 Vegetarian Beans - 1/2c. Diced Pear Cup-1/2 c. 1% White Milk-6 oz.	Nursery Program receives whole milk	<b>MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches,Pears, and Pineapple)</b>  <b>MIXED VEGETABLES CONTAIN THE FOLLOWING: Peas,Carrots,Corn,Green Beans</b>

## Vegetarian Lunch

January 1 - January 31

# *What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Happy New Year!</b>	2 Veggie Meatballs W/ Teriyaki Sauce - 3oz. Mixed Vegetables- 1/2c. Fresh Apple-1 Whole Wheat Dinner Roll-1 1% White Milk-6 oz.	3 W/G Veggie Nuggets-4 Diced Carrots - 1/2c. Fresh Banana-1 Whole Grain Bread - 1 1% White Milk-6 oz.	4 Veggie Chicken Patty on Wheat Hamburger Bun - 1 Kidney Beans - 1/2c. Fresh Orange - 1 1% White Milk-6 oz.	5 Whole Wheat 3x5 Cheese Pizza-1 Romaine Salad w/ Dressing-1 c. Diced Peach Cup-1/2 c. Mozzarella Cheese Sticks-1 1% White Milk-6 oz.
8 Bean & Cheese Burrito - 5oz. Black Beans - 1/2c. Fresh Apple - 1 1% White Milk-6 oz.	9 <b>BREAKFAST FOR LUNCH</b> French Toast Sticks-3 Veggie Sausage Patty-2 oz. Fresh Baby Carrots w/ Dip-1 c. Applesauce Cup - 1/2 c. 1% White Milk-6 oz.	10 Cheese Lasagna with Spaghetti Sauce-4 oz. Green Beans-1/2 c. Whole Wheat Dinner Roll-1 Fresh Banana-1 1% White Milk-6 oz.	11 Mini Cheese Quesadilla-3 Roasted Potatoes-1/2 c. Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.	12 Macaroni and Cheese-6 oz. Broccoli Florets-1/2 c. Whole Grain Bread-1 Fresh Orange-1 1% White Milk-6 oz.
15 <b>CLOSED</b>	16 W/G Veggie Nuggets-4 Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread-1 1% White Milk-6 oz.	17 Veggie Burger on a Whole Wheat Bun-1 Diced Carrots-1 c. Fresh Banana-1 1% White Milk-6 oz.	18 Veggie Chicken Patty - 3oz. Mashed Potatoes-1/2 c. Applesauce Cup-1/2 c. Whole Grain Bread-1 1% White Milk-6 oz.	19 Tony's Pizza - 4.5oz. Romaine Salad w/ Dressing-1 c. Fresh Orange-1 1% White Milk-6 oz.
22 Veggie Chicken Patty on a Whole Wheat Bun-1 Diced Carrots - 1/2c. Mandarin Orange Cup-1/2 c. 1% White Milk-6 oz.	23 Mini Cheese Quesadilla-3 French Fries - 1/2c. Fresh Apple-1 1% White Milk-6 oz.	24 American Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1 c. Diced Pear Cup-1/2 c. 1% White Milk-6 oz.	25 Veggie Meatballs W/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables- 1/2c. Fresh Apple-1 Whole Wheat Dinner Roll-1 1% White Milk-6 oz.	26 Macaroni and Cheese-6 oz. Broccoli Florets-1/2 c. Whole Grain Bread-1 Fresh Apple-1 1% White Milk-6 oz.
29 Baked Ziti w/ Sauce -8 oz. Peas- 1/2c. Whole Grain Bread - 1 Applesauce Cup - 1/2 c. 1% White Milk-6 oz.	30 American Cheese on Whole Grain Bread - 1 Fresh Baby Carrots w/ Dip-1 c. Fresh Apple-1 1% White Milk-6 oz.	31 Veggie Chicken Patty on Wheat Hamburger Bun - 1 Vegetarian Beans - 1/2c. Diced Pear Cup-1/2 c. 1% White Milk-6 oz.	Nursery Program receives whole milk	<b>MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches,Pears, and Pineapple)</b>  <b>MIXED VEGETABLES CONTAIN THE FOLLOWING: Peas,Carrots,Corn,Green Beans</b>

## Snack

January 1 - January 31

# *What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy New Year!	2 Fresh Apple - 1 Chat Snacks - 1 1% White Milk-6 oz.	3 Fresh Banana - 1 W/G Chocolate Chip Snackables- 1.1oz. 1% White Milk-6 oz.	4 Fresh Orange - 1 W/G Mini Pretzels - 1 1% White Milk-6 oz.	5 Diced Peach Cup - 1/2c. Whole Grain Cheez Its-1 oz. 1% White Milk-6 oz.
8 Fresh Apple - 1 W/G Alphabet Snackable-1.1oz 1% White Milk-6 oz.	9 Applesauce Cup - 1/2c. W/G Pretzel Goldfish-.8 oz 1% White Milk-6 oz.	10 Fresh Banana - 1 W/G Vanilla Dino Bites Crackers-1 oz. 1% White Milk-6 oz.	11 Mixed Fruit Cup - 1/2c. Whole Grain Cheese Goldfish Colors-.8 oz. 1% White Milk-6 oz.	12 Fresh Orange - 1 W/G Chocolate Bear Grahams-2 1% White Milk-6 oz.
15 CLOSED	16 Fresh Apple - 1 Whole Grain Cheez Its-1 oz. 1% White Milk-6 oz.	17 Fresh Banana - 1 Whole Grain Wheat Wafers-1 oz. 1% White Milk-6 oz.	18 Applesauce Cup - 1/2c. W/G Mini Pretzels-.8 oz. 1% White Milk-6 oz.	19 Fresh Orange - 1 W/G Maple Sunrise Bites - 1 1% White Milk-6 oz.
22 Mandarin Orange Cup - 1/2c. W/G Chocolate Bear Grahams-2 1% White Milk-6 oz.	23 Fresh Apple- 1 Whole Grain Chocolate Chip Snackable - 1.1oz. 1% White Milk-6 oz.	24 Diced Pear Cup - 1/2c. Whole Grain Animal Crackers-1 oz. 1% White Milk-6 oz.	25 Fresh Apple - 1 W/G Vanilla Bear Grahams-2 1% White Milk-6 oz.	26 Fresh Apple - 1 W/G Vanilla All Sports Bites-1 oz. 1% White Milk-6 oz.
29 Applesauce Cup - 1/2c. W/G Pretzel Goldfish-.8 oz 1% White Milk-6 oz.	30 Fresh Apple- 1 W/G Maple Waffle Grahams - 2 1% White Milk-6 oz.	31 Diced Pear Cup - 1/2c. Whole Grain Alphabet Snackables-1.1 oz. 1% White Milk-6 oz.	Nursery Program receives whole milk	