

January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	4 Cereal	5 Biscuits	6 Scrambled Eggs	7 Oatmeal	8 Pancakes
LUNCH	Corn Dog, Sweet Potato Fries, Blueberries	Broccoli Cheese Noodle Soup, Mixed Berries	Beef Stir Fry, Steamed Rice, Diced Mango	Oven Baked Chicken, Sweet Corn, Oranges	WG Mac + Cheese, Green Beans, Strawberries
SNACK	Veggie Straws + Juice	Yogurt + Pretzels	Fresh Veggies + Dip	Pita Chips + Hummus	Chef's Choice
BREAKFAST	11 Cereal	12 Biscuits + Gravy	13 Scrambled Eggs	14 Oatmeal	15 Pancakes
LUNCH	Meatball Sub, Roasted Potatoes, Peaches	Chicken Pot Pie, Mixed Veggies, Diced Mango	Beef Soft Taco, Refried Beans, Blueberries	Italian Chicken Pasta, Squash + Zucchini, Strawberries	Cheese Pizza, Steamed Broccoli, Fresh Fruit
SNACK	Apple Slices + Grahams	WG Crackers + Cheese Cubes	Fresh Veggies + Dip	Graham Crackers + Juice	Chef's Choice
BREAKFAST	18 Cereal	19 Biscuits + Jam	20 Scrambled Eggs	21 Oatmeal	22 Pancakes
LUNCH	Sloppy Joes, Seasoned Carrots, Pineapple	Baked Potato Soup, WG Roll, Strawberries	WG Spaghetti, Green Beans, Peaches	Chicken Fried Rice, Mixed Veggies, Mixed Berries	Ravioli w/Marinara, Garden Salad, Diced Mango
SNACK	Oranges + WG Crackers	String Cheese and Juice	Fresh Veggies + Dip	WG Goldfish + Juice	Chef's Choice
BREAKFAST	25 Cereal	26 Biscuits + Jam	27 Scrambled Eggs	28 Oatmeal	29 Pancakes
LUNCH	Grilled Cheese Sandwich, Cucumber Slices, Peaches	Chicken + Rice, Broccoli, Mixed Fruit	Goulash, Garden Salad, Blueberries	Chicken Quesadilla, Black Beans + Corn, Apples	Cheese Pizza, Sweet Corn, Oranges
SNACK	Mixed Berries + Grahams	WG Crackers + Cheese	Fresh Veggies + Dip	Tortilla Chips + Salsa	Chef's Choice

*Substitutes made for children 2 and younger made when needed to match developmental level

EX: Trail mix is substituted with dry cereal & raisins, Tortilla chips substituted with soft tortilla, Hard veggies are steamed

*Menu changes may be made without notice, if needed. *Fresh seasonal fruit will be given when available *Vegetarians and allergies may be accommodated

*All juice is 100% fruit juice *Any outside food must be brought to the kitchen and not left in child's classroom