



# JANUARY MENU



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
|  |  | 1<br>-B: Sausage, toast, and oranges<br>-L: Chili, cornbread, tossed salad, and apples<br>-S: Yogurt bars and fruit                             | 2<br>-B: Pancakes and mandarin oranges<br>-L: Goulash (ground beef, mixed veggies, tomato sauce), rice, rolls, and applesauce<br>-S: WG Goldfish and grape juice | 3<br>-B Cinnamon toast & bananas<br>-L: Ham, Mac & Cheese, Carrots, and Pears<br>-S: Graham crackers & blueberries               |
| 6<br>-B Sausage, toast, bananas<br>-L: Chicken nuggets, tater tots, green apples<br>-S: SunChips and Cucumbers with homemade ranch   | 7<br>-B: WG Bagels, jelly, and blueberries<br>-L: Beanie weenies, rice, broccoli, and oranges<br>-S: Apple cinnamon muffins & milk | 8<br>-B: WG Biscuits and turkey sausage, and bananas<br>-L: Nachos w/ ground beef, refried beans, and oranges<br>-S: Pretzels and cheese sticks | 9<br>-B: Hashbrowns and blueberries<br>-L: Chicken & Cheese quesadilla, Ranchero beans, & pears<br>-S: Graham crackers & Strawberries                            | 10<br>-B: Toast, sausage, and oranges<br>-L: Meatball subs, peas & carrots, WG roll, mangoes<br>-S: Cheez-Its and Apples         |
| 13<br>-B WG Cereal and bananas<br>-L: Fish Sticks, mac & cheese, cucumbers, and fruit cocktail<br>-S: Raisin bread and apple sauce   | 14<br>-B: WG Pancakes & blueberries<br>-L: Chicken spaghetti, mixed veggies, & peaches<br>-S: Animal crackers and milk             | 15<br>-B: Egg/Ham/Cheese bake, honeydew melon<br>-L: Cheeseburgers on WG buns, tater tots, tossed salad, and oranges<br>-S: Haystacks           | 16<br>-B: Cinnamon Toast and Bananas<br>-L: Pizza w/ mozzarella cheese & pepperoni, salad w/cucumber & tomatoes, and mango<br>-S: Goldfish and grape juice       | 17<br><b>CLOSED FOR STAFF IN-SERVICE</b>   |
| 20<br>-B: Waffles and mandarin oranges<br>-L: Chkn noodle soup (broth, carrots, chkn, noodles), saltine crackers, and cantaloupe sticks<br>-S: Yogurt bars and fruit   | 21<br>-B: WG waffles & peaches<br>-L: Sloppy Joes, sweet potato fries, and mixed fruit<br>-S: Animal crackers & milk               | 22<br>-B: WG bagels<br>-L: Fish sticks, green beans, and fruit cocktail<br>-S: Cheez-Its and Fruit Salad  | 23<br>-B: French Toast, potatoes, blueberries<br>-L: Grilled cheese sandwiches, tomato soup, and oranges<br>-S: Ritz crackers and apples                         | 24<br>-B: WG Cereal & peaches<br>-L: Spaghetti w/ meat sauce, garlic rolls, green beans, & pears<br>-S: Vanilla yogurt & granola |
| 27<br>-B: WG French toast sticks and strawberries<br>-L: Beanie weenies, broccoli, rice, and mixed fruit<br>-S: Raisin bread and apples  | 28<br>-B: WG Cereal and mixed berries<br>-L: Chicken nuggets, tossed salad, tater tots, and peaches<br>-S: Apple muffins and milk  | 29<br>-B: WG toast, eggs, and apples<br>-L: Chicken taco, ranchero beans, yellow rice, and pears<br>-S: Cheez-Its and Honeydew melon            | 30<br>-B: Sausage, hashbrowns, and strawberries<br>-L: Ham, Mac & Cheese, carrots, mixed fruit<br>-S: SunChips and grape juice                                   | 31<br>-B: WG waffles and bananas<br>-L: Cheese pizzas, tossed salad, and apples<br>-S: Ritz crackers and cheese sticks           |
| <b>Notes:</b> **Whole milk will be provided for 1-2 years of age and 1% milk will be provided for all children over the age of 2. Milk is served at breakfast, lunch, and snack time if requested. ***Water is offered throughout the day***<br><b>Key:</b> <b>WG</b> = Wheat grain <b>MG</b> = Multi grain <b>CC</b> = Cream cheese <b>BB</b> = Blueberries <b>HM</b> = Homemade <b>B</b> = Breakfast <b>L</b> = Lunch <b>S</b> = Snack |  |   |  |  |