

## January Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 B: WGR Cereal w/ Milk, Juice  L: Mac & Cheese, Peas, Applesauce, Milk  Sn: Mini Graham Crackers, Milk	4 B: WGR English Muffin, Orange Slices, Milk L: Chicken Patty Sandwich, Mixed Veg. Pears, Milk  Sn: Oatmeal Bar, Milk	5 B: WGR Waffle, Apples, Milk  L: Turkey & Lentil Stew, Rice, Pineapples, Milk  Sn: Pretzels, Yogurt, Water	6 B: WGR Cereal w/ Milk, Banana  L: Ham & Cheese Roll Up, Corn, Peaches, Milk  Sn: Goldfish Crackers, Juice	7 B: WGR Cinn. Toast, Assorted Fresh Fruit, Milk L: Pizza, Carrots, Mixed Fruit, Milk  Sn: Animal Crackers, Milk
10 B: WGR Cereal w/ Milk, Banana  L: Hot Dog in Bun, Sw. Potato Fries, Pears, Milk  Sn: Peanut Butter Crackers, Milk	11 B: WGR Bagels, Orange Slices, Milk L: Chicken Corn Noodle Soup, Crackers, Apple Slices, Milk  Sn: Cheez Its, Juice	12 B: WGR Waffle, Apples, Milk  L: Chicken Nuggets, Roll, Mixed Veg. Mixed Fruit, Milk  Sn: Applesauce, Crackers, Water	13 B: WGR Cereal w/ Milk, Banana  L: Taco Salad(Meat&Beans, Cheese, Tortilla Chips, Salsa, Salad) Trop. Mixed Fruit, Milk Sn: Graham Crackers, Milk	14 B:WGR English Muffin, Assorted Fresh Fruit, Milk L: Smoked Sausage, Roll, Oven Roasted Carrots, Applesauce, Milk Sn: Snack Mix, Milk
17 B: WGR Cereal w/ Milk, Juice  L: PB&J (1yr olds Cheese) Sand. Carrots, Applesauce, Milk  Sn: Mini Graham Crackers, Milk	18 B: WGR English Muffin, Orange Slices, Milk L: Hamburger Veg Soup, Crackers, Apple Slices, Milk  Sn: Oatmeal Bar, Milk	19 B: WGR Waffle, Apples, Milk  L:Egg Roll in a Bowl(Pork, Cabbage Carrots) Rice, Pineapples, Milk  Sn: Pretzels, Yogurt, Water	20 B: WGR Cereal w/ Milk, Banana  L: Hashbrown Casserole w/ Ham, Roll, Peaches, Milk  Sn: Goldfish Crackers, Juice	21 B: WGR Cinn. Toast, Assorted Fresh Fruit, Milk L: Pizza, Carrots, Pears, Milk  Sn: Animal Crackers, Milk
24 B: WGR Cereal w/ Milk, Banana  L: Sausage Egg & Cheese Sand. Hash Brown, Applesauce, Milk  Sn: Peanut Butter Crackers, Milk	25 B: WGR Bagels, Orange Slices, Milk L: Ranch Chicken, Roll, Sweet Potato Fries, Peaches, Milk  Sn: Cheez Its, Juice	26 B: WGR Waffle, Apples, Milk  L: Chicken Parmesan Sandwich, Green Beans, Pears, Milk  Sn: Applesauce, Crackers, Water	27 B: WGR Cereal w/ Milk, Banana  L: Shell Pasta w/ Meat Sauce, Salad, Mixed Fruit, Milk  Sn: Graham Crackers, Milk	28 B:WGR English Muffin, Assorted Fresh Fruit, Milk L: Ham & Cheese Sandwich, Carrots, Applesauce, Milk  Sn: Snack Mix, Milk
31 B: WGR Cereal w/ Milk, Juice  L:Black Beans with Corn & Peppers Spanish Rice, Pineapples, Milk  Sn: Mini Graham Crackers, Milk	<h1 style="font-size: 4em; opacity: 0.5;">HAPPY NEW YEAR</h1>			

\*All juice is 100% juice

\*WGR=Whole Grain Rich

\*1 yr olds Served Whole Milk

\*2 yrs + Served 1% Milk

\*Assorted cereals include: Cheerios, Chex (Corn, Rice, or Wheat),Corn Flakes, Kix, Life, Rice Krispies, etc.

\*Assorted Fresh Fruit includes: Bananas, Apples, Oranges

\*Assorted Fresh Veggies includes: Carrots, Bell Peppers, Cucumbers