

# JANUARY 2021

Preston Hollow UMC Child Development Center



Monday

Tuesday

Wednesday

Thursday

Friday



1

Closed

4

Closed

**Breakfast Snack:** BelVita bars

5

**Lunch:** No nut butter & jelly on wheat bread, veggie chips, fresh fruit

**Afternoon Snack:** String cheese w/crackers

**Breakfast Snack:** Oatmeal w/ raisins

6

**Lunch:** Chicken & rice, green beans, applesauce

**Afternoon Snack:** Rice cakes w/fruit

**Breakfast Snack:** Raisin bran

7

**Lunch:** Turkey sliders w/tomato, lettuce, baked sweet potato fries, sliced apples

**Afternoon Snack:** Fig Newton bars

**Breakfast Snack:** Bagel w/ cinnamon

8

**Lunch:** Baked fish sticks w/tartar sauce, coleslaw, peaches

**Afternoon Snack:** Hummus w/pita crackers

11

**Breakfast Snack:** Greek style yogurt w/blueberries

**Lunch:** Black bean & cheese enchiladas, garden salad, pineapple cups

**Afternoon Snack:** Banana muffin

**Breakfast Snack:** Oatmeal w/ maple syrup

12

**Lunch:** Turkey meatballs in marinara sauce, pasta, green peas, apples

**Afternoon Snack:** Bran muffin

**Breakfast Snack:** Hardboiled eggs w/fruit

13

**Lunch:** Butternut squash pureed macaroni & cheese, garden salad, fruit cocktail

**Afternoon Snack:** Nutri Grain strawberry bar

**Breakfast Snack:** Cheese biscuit

14

**Lunch:** Chicken "fried" brown rice w/veggies, fresh fruit

**Afternoon Snack:** Organic My Super Hero Cookies in Honey

**Breakfast Snack:** Zucchini muffin

15

**Lunch:** Tuna cheese casserole, spinach salad, peaches

**Afternoon Snack:** Goldfish crackers w/raisins

18

Closed

**Breakfast Snack:** Greek style vanilla yogurt

19

**Lunch:** Veggie Lasagna w/wheat roll, fresh fruit

**Afternoon Snack:** Cheese sticks w/Ritz crackers

**Breakfast Snack:** BelVita bars

20

**Lunch:** Baked chicken nuggets, garden salad, apple slices

**Afternoon Snack:** Banana muffin

**Breakfast Snack:** Oatmeal w/raisins

21

**Lunch:** Turkey sloppy Joe's w/veggie chips, pear cups

**Afternoon Snack:** Zucchini bread

**Breakfast Snack:** Bran muffin

22

**Lunch:** Baked fish sticks, coleslaw, bananas

**Afternoon Snack:** Yoplait yogurt w/fruit

25

**Breakfast Snack:** Hardboiled egg w/ cheese slice

**Lunch:** Veggie burger on wheat bun, applesauce, baked sweet potato fries

**Afternoon Snack:** Greek style yogurt

**Breakfast Snack:** Biscuit w/cream cheese

26

**Lunch:** Turkey BLT on wheat bread, spinach salad, peaches

**Afternoon Snack:** Veggie sticks w/ranch dip

**Breakfast Snack:** Oatmeal w/maple syrup

27

**Lunch:** No nut butter w/jelly on croissant, garden salad, bananas

**Afternoon Snack:** Fig Newton bars

**Breakfast Snack:** Nutri Grain blueberry bar

28

**Lunch:** Nacho taco salad bar w/guacamole, oranges

**Afternoon Snack:** String cheese w/crackers

**Breakfast Snack:** Scrambled eggs w/veggies

29

**Lunch:** Tuna salad sandwich, veggie chips, applesauce

**Afternoon Snack:** Goldfish crackers w/raisins

