



January 2020 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
Age appropriate milk must be served with breakfast		1 Closed for New Year's Day	2 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	3 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese
6 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	7 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	8 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	9 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	10 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
13 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	14 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	15 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	16 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	17 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
20 Closed for MLK Jr Day	21 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	22 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	23 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	24 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
27 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	28 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	29 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	30 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	31 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes

+Whole grain



January 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age appropriate milk must be served with lunch</i></p>	<p><i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i></p> <p><i>This institution is an equal opportunity provider</i></p>	<p>1</p> <p>Closed For New Year's Day</p>	<p>2</p> <p>Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter * Fresh fruit</p>	<p>3</p> <p>(V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p>
<p>6</p> <p>Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p>	<p>7</p> <p>(V) Whole grain pizza* Garden salad Fresh fruit</p>	<p>8</p> <p>Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit</p>	<p>9</p> <p>(V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p>10</p> <p>(V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p>
<p>13</p> <p>Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p>14</p> <p>(V) Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p>15</p> <p>Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit</p>	<p>16</p> <p>Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit</p>	<p>17</p> <p>Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit</p>
<p>20</p> <p>Closed for MLK Jr Day</p>	<p>21</p> <p>Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p>	<p>22</p> <p>Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p>23</p> <p>Bean, corn & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p>24</p> <p>(V) Lasagna Tossed salad Fresh fruit</p>
<p>27</p> <p>Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p>28</p> <p>Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p>29</p> <p>(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>30</p> <p>Hamburger slider (V) Black bean burger #^ Bean medley Whole wheat roll * Fresh fruit</p>	<p>31</p> <p>BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter * Fresh fruit</p>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan