



January 2025

LUNCH & SNACK MENU

GF – Gluten Free DF – Dairy Free V – Vegetarian EF– Egg free

<p>All Veggies in PM snacks Infants – 2's will be steamed</p>	<p>1</p>	<p>1</p>	<p>2 Chia</p>	<p>3 Zucchini Muffin V Sunbutter & jam sando DF V EF</p>
<p>6 Rice Chex & Fruit V EF Turkey Pot Pie Veggie Salad GF DF EF V Fruit *Tofu Graham Crackers & Fruit</p>	<p>7 Cottage Cheese /Fruit GF V EF Beef Tacos DF EF Cilantro Rice GF DF EF V Beans GF DF EF V Fruit *Veggie Taco Nut Free Snack Balls GF DF V EF</p>	<p>8 Quiche Lorraine V Pork Lo Mein DF EF Broccoli GF DF V EF Fruit Chicken Salad & Crackers</p>	<p>9 Crescent Roll with Pear Butter Chicken & Dumplings Peas & Carrots GF DF V EF Fruit Hummus & Pita GF DF V EF</p>	<p>10 Carrot Muffin V Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit Ranch dip with veggie straws GF DF V EF</p>
<p>13 Overnight oats GF DF V EF Broccoli Rice Casserole GF Peas & carrots GF DF V EF Fruit Pretzels & Spinach Dip V</p>	<p>14 Yogurt & Fruit GF V EF Chicken Tortilla Soup GF EF Roasted Vegetables GF DF EF V Fruit White Bean Dip with Veggie straws GF DF V EF</p>	<p>15 Veggie Frittata V Spaghetti & Meatballs GF DF EF Green Beans DF V Fruit *Veggie balls Spinach & Turkey Pinwheel DFEF</p>	<p>16 Chia Fruit Pudding GF DF V EF Chicken Teriyaki GF DF EF Veggie Rice DF EF Veggie Spring Rolls GF DF V EF Fruit *Tofu Apple Sauce & Cheese GF V EF</p>	<p>17 Blueberry Muffin V Pulled Pork Slider DF Tater Tots GF DF EF V Coleslaw GF DF V EF Fruit *Veggie sliders Fruit & Trailmix DF V EF</p>
<p>20 MLK DAY!!! No Haute Lunch</p>	<p>21 Cottage Cheese /Fruit GF V EF Soft Chicken Tacos DF EF Spanish Riice GF DF V EF Refried Beans GF DF V EF Fruit Hummus & Veggies GF DF V EF</p>	<p>22 Breakfast Taco V Turkey Chili GF DF V EF Veggies DF V EF Fruit *Veggie Chili Fruit & Cheese GF V EF</p>	<p>23 Berry Smoothie Bowl GF V EF Gyros DF Pita GF DF V EF Tomato & Cucumbers GF DF V EF Hummus GF DF V EF Fruit *Veggie Sweet Pea Pesto Toasts V EF</p>	<p>24 Orange Cranberry Muffin V Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit Apples & Sunbutter GF DF V EF</p>
<p>27 Overnight Oats GF DF V EF Beef Stew Cornbread Fruit Egg Salad Sandwich DF V</p>	<p>28 Cinnamon toast & fruit GF DF V EF Cheese Enchiladas GF EF V Rice GF DF V EF Black Beans GF DF V EF Fruit Rice Cakes & Sunbutter GF DF V EF</p>	<p>29 Veggie Frittata GF V Turkey & Cheese wedges EF Tater Tots GF DF V EF Veggies GF DF V EF Fruit Graham Crackers & Fruit DF V EF</p>	<p>30 Chia Fruit Pudding GF DF V EF Tomato Soup GF DF V EF Grilled Cheese V EF Veggies GF DF V EF Fruit Apple Sauce & Cheese GF V EF</p>	<p>31 Mixed Berry Muffin V Teriyaki Pork GF DF EF Stir Fry Veggies GF DF V EF Rice GF DF V EF Fruit Cheese, Crackers, & fruit V EF</p>