

Janaury 2020 menu

Toddler substitution in ()

Breakfast and Lunch: Whole: milk 2yrs-younger, 2%: 3's & 4's, school age

Fruit Selections: Grapes, Apples, Oranges, bananas, pears berries, melons _____ 100% Juice Selections: Apple Grape orange

* wg whole grain

fish in the river : celery(pepper)/ cream cheese/golfish Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			1. Closed	2. cereal/banana/milk	3. raisin bread/milk
Lunch				cheese pizza cooked broccoli fresh fruit	chicken and noodles roasted corn/ green beans fresh fruit
PM Snack				cooks choice	chex mix/juice
Breakfast	6. cinnamon toast crunch/milk	7. yogurt/grams/milk	8.chex cereal /banana milk	9. oatmeal/milk	10.oranges/kix/milk
Lunch	mac and cheese cooked peas fresh fruit	hamburgers/wg buns roasted potatoes Fresh Fruit	spaghetti/meatballs broccoli fruit	chicken tenders carrots Fruit	chicken patties corn/green beans Fruit
PM Snack	cheese and crackers	carrots/juice	cheese -its/ juice	grape tomatoes/cheese cubes	junior raisin mix/ juice
Breakfast	13. applesauce/grams	14. english muffins/milk	15. rice krispies/banana/milk	16. biscuit/milk	17. apple squares/milk
Lunch	ham and cheese wrap green beans peaches	chicken tenders broccoli Fruit	chicken alfredo carrots Fruit	sloppy joes roasted potatoes Fruit	lasagna/w meat roasted corn/ green beans Fruit
PM Snack	pretzels/ juice	fish in river	goldfish/ juice	cheese and crackers	cheesy chex mix/ juice
Breakfast	20.peaches/berry kix/milk	21.wg pancakes/milk	22.branflakes/bananas/milk	23 cinnamon oatmeal/milk	24. cinnamon rolls/milk
Lunch	spaghetti/meatballs broccoli peaches	chicken fajitas carrots Fruit	cheese pizza peas Fruit	chicken noodles roasted potatoes fruit	beef tacos refried beans fruit
PM Snack	pita chips/ juice	pepper slices/oyster crackers	oranges/ triscuits	tortilla chips/cheese	apples/ wg ritz
Breakfast	27. toast with Jelly/juice	28. applesauce/grams	29. cheerios /Milk	30, apples/milk	31.oranges/Kix cereal
Lunch	meatloafs roasted potatoes mixed fruit	beef and noddles carrots Fresh Fruit	chicken tenders peas fresh fruit	turkey and cheese wrap green beans mixed fruit	sesame chicken and noodle broccoli fresh fruit
PM Snack	cheese sticks/ crackers	salsa/ tortilla chips	animal crackers/Juice	cucumber coins/crackers	wheat thins/juice
Breakfast					
Lunch					

PM Snack

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January 2020

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menu

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