

# January 2021 Children's House menu

Toddler substitution in ( )

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

Fruit Selections: Grapes, Apples, Oranges, (bananas, berries, melon

Juice Selections: Apple Grape orange

\* wg whole grain

ants on log/ raft: celery or grams with cream cheese and raisins( banana) Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	4. mini bagels/milk	5. bananas/ grams/ milk	6. rice krispies/milk	7. Oatmeal/milk	8. raisin bread/ milk
<b>Lunch</b>	mac and cheese peas and corn fresh fruit	grilled cheese sandwich tomato soup Fresh Fruit	chicken fried rice broccoli fresh fruit	meatloaf/dinner roll roasted sweet bake fresh fruit	french toast casserole sausage patty/roasted potatoes fresh fruit
<b>PM Snack</b>	pretzels/ juice	carrots/dip/juice	animal crackers/juice	cheese and crackers	Chex mix/ Juice
<b>Breakfast</b>	11. applesauce/grams/milk	12. waffles/ milk	13. Cherrios/ milk	14. english muffins/jelly/milk	15. oranges/kix/milk
<b>Lunch</b>	alphabet pasta salad broccoli fresh fruit	hawaiian crunch wrap tator tots Fresh Fruit	beef&bean enchilada bake corn fresh fruit	chicken pot pie roasted sweet potatoes fresh Fruit	pizza peas fresh fruit
<b>PM Snack</b>	wheat thins/juice	cucumber coins/club crackers	cheese-its/juice	chips and salsa	junior raisin mix/ juice
<b>Breakfast</b>	18	19. yogurt parfait/milk	20. Kix/ milk	21 . oatmeal /milk	22. banana/grams/milk
<b>Lunch</b>	Closed 	sloppy joes green beans fresh Fruit	sesame noodles w/chicken roasted cauliflower fresh Fruit	veggie chilli/cornbread roasted carrots fresh Fruit	fruit and bran muffin vanilla greek yogurt hashbrowns/ fresh fruit
<b>PM Snack</b>		grape/ crackers	goldfish/ juice	pita chips/juice	cheesy chex mix / juice
<b>Breakfast</b>	25. Biscuits/butter/milk	26. pancakes /milk	27.cinnamon toast crunch/mi	28. Toast/butter/milk	29. peaches/grams/milk
<b>Lunch</b>	butternut squash lasagna green beans fresh fruit	sunbutter apple wrap broccoli salad Fresh Fruit	southwest Lentils grazed carrots fresh fruit	chicken nuggets mashed potatoes <b>fresh fruit</b>	cheese pizza cucumber slices fresh fruit
<b>PM Snack</b>	apple slices/ club crackers	chips and cheese	grape tomatoes/cheese cubes	triscuits/cheese sauce	pepper slices/oyster crackers
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PM Snack