



January Menu

GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = Infant/Toddler Alternative

	MON Dec. 29	TUES Dec. 30	WED Dec. 31	THURS 1	FRI 2
Breakfast	Chef's Choice Day	WG Mini Bagel, Cream Cheese 1% Milk	WG Cereal Oatmeal Bar, Applesauce, 1% Milk		WG Blueberry Muffin, Diced Pears, 1% Milk
Lunch	Chef's Choice Day	Grilled Cheese, Diced Pears, Peas, 1% Milk	Diced Chicken Alfredo with WG Pasta (Vegan Crumbles), Mandarin Oranges, Sweet Peas, 1% Milk	SCHOOL CLOSED - Happy New Year!	Turkey Sausage Patty, WG Biscuit , Diced Carrots, Fruit Mix, 1% Milk
PM Snack	Chef's Choice Day	Vanilla Wafers, Strawberry Yogurt, Water	SCHOOL CLOSES @ 3PM HAPPY NEW YEAR!		Wheat Thin Crackers, Mozzarella String Cheese, Water
	5	6	7	8	9
Breakfast	WG Pancake, Mixed Berries, 1% Milk	WG Spooner Cereal, Strawberry Slices, 1% Milk	Diced Mangoes, Yogurt, 1% Milk	WG Banana Muffin, Blueberries, 1% Milk	WG Scooters Cereal, 1/2 Banana, 1% Milk
Lunch	Cheese Pizza with WG Crust , Mixed Veggies, Tropical Fruit, 1% Milk	Chicken Patty on WG Bread (Vegetarian Griller), Diced Peaches, Corn, 1% Milk	Turkey & Cheese on WG Bread , Diced Carrots, Diced Pears, 1% Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Pineapple Tidbits, Green Beans, 1% Milk	Turkey Sausage Patty (Vegetarian Patty), Mandarin Orange, Sweet Potato Fries, 1% Milk
PM Snack	WG Graham Crackers, Applesauce, Water	Fresh Apple Slices, Sunbutter, Water	Townhouse Crackers, American or Cheddar Cheese Slice, Water	WG Goldfish Crackers, Applesauce, Water	Cucumber Slices, Tzatziki Dip, Water
	12	13	14	15	16
Breakfast	WG Waffle, Berry Mix, 1% Milk	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk	WG Cereal Oatmeal Bar, 1% Milk	Yogurt, WG Vanilla Graham Bears , 1% Milk	Chef's Choice Day
Lunch	Mac N Cheese with WG Pasta , Peas , Diced Peaches 1% Milk	Orange chicken (WG Vegan Chicken Nuggets), Brown Rice, Corn, Mandarin Oranges, 1% Milk	Grilled Cheese on WG Bread , Tomato Soup, Applesauce, 1% Milk	Turkey Sausage Patty, WG Biscuit , Diced Carrots, Fruit Mix, 1% Milk	Chef's Choice Day
PM Snack	WG Champ Bites, Mandarin Oranges, Water -	Apple Straws, Yogurt, Water	WG Pita, Hummus, Water	Fresh Apple Slices, Mozzarella String Cheese, Water	Chef's Choice Day
	19	20	21	22	23
Breakfast		WG Oatmeal Cereal Bar, 1/2 Orange, 1% Milk	WG Toaste Oats Cereal, 1/2 Banana, 1% Milk	WG French Toast Sticks, 1/2 Banana, 1% Milk	Chef's Choice Day
Lunch	MLK Day - School Closed	Diced or Shredded Chicken with BBQ Sauce (Vegan Crumbles), Broccoli, Pineapple Tidbits, 1% Milk	Cheese Pizza with WG Crust , Peas & Carrots, Tropical Fruit, 1% Milk	Beef Meatloaf (Vegetarian Griller), Diced Peaches, Mashed Potatoes, 1% Milk	Chef's Choice Day
PM Snack		WG Cheez Itz, Water	Pretzels, Applesauce, Water	Diced Mandarin Oranges, Animal Crackers, Water	Chef's Choice Day
	26	27	28	29	30
Breakfast	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk	WG Waffle, Berry Mix, 1% Milk,	WG Cereal Oatmeal Bar, 1% Milk	Yogurt, WG Vanilla Graham Bears , 1% Milk	WG Scooters Cereal, 1/2 Banana, 1% Milk
Lunch	Mac N Cheese with WG Pasta , Broccoli, Diced Peaches 1% Milk	Orange Chicken (WG Vegan Chicken Nuggets), Brown Rice, Mandarin Oranges, 1% Milk	Beef Crumbles w/ Tomato Sauce (Vegan Crumbles), WG Pasta , Applesauce, 1% Milk	Diced Turkey Ham (Vegan Crumbles), Mashed Potatoes, Fruit Cocktail, 1% Milk	Beef Burger with Cheese on a WG Bun (Vegetarian Griller), Potato Coins, Pineapple Tidbits, 1% Milk
PM Snack	WG Champ Bites, Mandarin Oranges, Water	Apple Straws, Yogurt, Water, WG Toasted Oats	WG Pita, Hummus, Water	Fresh Apple Slices, Mozzarella String Cheese, Water	Townhouse Crackers, American Cheese Slice, Water

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz)

Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz)

Canned fruit are in natural juice