


January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>Breakfast: Cinnamon Waffles, apricots, Milk/ Water Lunch: Chicken Nuggets, Green Beans, Whole Wheat Bread, Fresh Cantaloupe, Milk/ Water PM Snack: String Cheese, Wheat Thins, Water</p>	<p>4</p> <p>Breakfast: Blueberry Muffins, Diced Pears, Milk/ Water Lunch: Whole Grain Spaghetti and Meat Sauce, Peas, Apple Slices, Garlic Bread, Milk/ Water PM Snack: Whole Wheat Ritz Crackers with strawberry Cream Cheese, Fresh Apple Slices, Water</p>	<p>5</p> <p>Breakfast: Yogurt Parfait, Granola, Fruit Cocktail, Milk/ Water Lunch: Chicken Sliders, Corn, Pineapples, Milk/ Water PM Snack: Cottage Cheese, Peaches, milk/Water</p>	<p>6</p> <p>Breakfast: Kix Cereal, Banana, Milk/ Water Lunch: Cheese Pizza, carrots, Orange Slices, Milk/ Water PM Snack: Trail Mix, 100% Fruit Juice/Water</p>
<p>9</p> <p>Breakfast: French Toast, Bacon, Applesauce, Milk/ Water Lunch: Chicken Tenders, California Vegetables, Diced Peaches, Whole Wheat Bread, Milk/Water PM Snack: Whole Wheat club Crackers, Pineapple, Water</p>	<p>10</p> <p>Breakfast: Waffle Sticks, Mandarin Oranges, Milk/ Water Lunch: Grilled Cheese Sandwiches, Mixed Vegetables, Diced pears, Milk/ Water PM Snack: Wheat thins, String Cheese, Water</p>	<p>11</p> <p>Breakfast: Apple Muffin, Apricots, Milk/ Water Lunch: Beef Lasagna, Broccoli, Sliced Peaches, Garlic Bread, Milk/Water PM Snack: Whole Grain Bagel with Cream Cheese, Water</p>	<p>12</p> <p>Breakfast: Pancakes & Sausage on a stick, Pears, Milk/ Water Lunch: Mini Corn Dogs, Peas, Fresh Apple Slices, Milk/Water PM Snack: Saltine Crackers, Sliced Cheese, Water</p>	<p>13</p> <p>Breakfast: Cheerios Cereal, Banana, Milk/ Water Lunch: Turkey and Cheese Roll Up, Mixed Vegetables, Fresh Oranges, Milk/ Water PM Snack: Whole Wheat Goldfish, Milk/Water</p>
<p>16</p> <p>Childcare Center Closed in Observance of Martin Luther King Jr. Day</p>	<p>17</p> <p>Breakfast: Beef Kolaches, Cantaloupe, Milk/ Water Lunch: Beef Fingers, Whole Wheat Bread, Zucchini, Diced Pears, Milk/Water Snack: Whole Wheat Ritz Crackers, Orange Slices, Water</p>	<p>18</p> <p>Breakfast: Egg and Cheese Omelet, Whole Wheat Toast, Peaches, Milk/ Water Lunch: Chicken Nuggets, Carrots, Apple Slices, Whole Wheat Bread, Milk/ Water PM Snack: Pita Crackers, Sliced Cheese, Water</p>	<p>19</p> <p>Breakfast: Vanilla Yogurt Parfait with Granola, Peaches, Milk/Water Lunch: Beef Soft Taco, Brown Rice, Corn, Mixed Fruit, Milk/ Water PM Snack: Whole Wheat Club Crackers, Applesauce, Water</p>	<p>20</p> <p>Breakfast: Special K, Banana, Milk/ Water Lunch: Fish Sticks, Peas, Sliced Apricots, Whole Wheat Bread, Milk/ Water PM Snack: Cottage Cheese, Diced Peaches Milk/Water</p>
<p>23</p> <p>Breakfast: Apple Muffin, Peaches, Milk/ Water Lunch: Macaroni and Cheese, Peas, Orange Slices, Milk/ Water PM Snack: Graham Crackers, Blueberries, Water</p>	<p>24</p> <p>Breakfast: Biscuits, Pan sausage, Applesauce, Milk/ Water Lunch: Fish Sticks, Whole Wheat Bread, Diced Peaches, Mixed Vegetables, Milk/ Water PM Snack: Vanilla Yogurt, Peaches, Water</p>	<p>25</p> <p>Breakfast: Scrambled Egg, Whole Wheat Toast, Pineapple Tidbits, Milk/ Water Lunch: Mini Corn Dogs, Broccoli, Sliced Apples, Milk/ Water PM Snack: String Cheese, Whole Grain Wheat Thins, Water</p>	<p>26</p> <p>Breakfast: Whole Grain Oatmeal, Applesauce, Milk/ Water Lunch: Chicken Patty, Garden Salad with Ranch Dressing, Sliced Pears, Whole Grain Bread, Milk/ Water PM Snack: Ritz Crackers, Blueberries, Water</p>	<p>27</p> <p>Breakfast: Whole Grain Cheerios, Banana, Milk/ Water Lunch: Pepperoni Pizza, carrots, Orange slices, Milk/ Water PM Snack: Whole Wheat Cheese Itz Milk/Water</p>
<p>30</p> <p>Breakfast: Fresh Toast, Diced Pineapple, Milk/Water Lunch: Hamburgers, Green Beans, Fresh Cantaloupe, Milk/Water Snack: Graham Crackers, Fresh Apple Slices</p>	<p>31</p> <p>Breakfast: Pancakes, Sausage Patty, Pineapple Tidbits, Milk/Water Lunch: Mini Corn Dogs, California Vegetables, Applesauce, Milk/ Water PM Snack: Animal Crackers, Mandarin Oranges, Water</p>			