



Menu for Week of : January 3rd

2022

Meal	January 3rd				January 4th				January 5th				January 6th				January 7th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
<b>BREAKFAST:</b>	Milk	4oz	6oz	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
<b>MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD</b>	Cheerios WG	1/2C	1/2C	1C	WW Mini Bagel Cream Cheese	1	1	2	Applesauce Egg patty	1/4C 1	1/2C 1	1/2C 1	Rice Krispy	3/4C	3/4C	1 1/4C	Pancakes WG	1	1	2
	Banana	1/2	1	1	Pears	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1	Pineapple	1/2	1	1	Peaches	1/4C	1/2C	1/2C
<b>LUNCH:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
<b>MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER</b>	Turkey Dog WW Roll	1 1/2	1 1/2	1 1/2 1	English Muffin Cheese	1/2 1oz	1/2 1.5oz	1 2oz	Turkey Sausage WG Mini Bagel	1 1	1 1/2 1	2 1	Fish Sticks CN WW Bread	2 1/2	3 1/2	4 1	Chicken Meatball Brown Rice	2 1/4C	2 1/4C	3 1/2C
	Applesauce	1/8C	1/4C	1/4C	Lettuce Pineapple	1/4C 1/8C	1/2C 1/4C	1C 1/4C	Peaches	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C
	Sweet Potato Fries	3	5	10	Tomato Soup	Cond	Cond	Cond	Hash Brown	1 1/2	1	2	Corn	1/8C	1/4C	1/2C	Peas	1/8C	1/4C	1/2C
	Water				Water				Water				Water				Water			
<b>P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT</b>	Yogurt	1/4C	1/4C	1/2C	Corn loaf	1/2	1/2	1	WG Biscuit	1/2	1/2	1	WG Veggie Cracker	1/2PK	1/2PK	1 PK	String Cheese	1/2	1/2	1
	Carrot Sticks	6	6	9	Apple	1/2	1/2	3/4	Sun butter	1 TBL	1 TBL	2 TBL	Orange	1	1	1 1/2	Wheat Cracker	8	8	16

(WW)=Whole wheat (WG)=Whole grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	All milk served is unflavored 12-23 months Whole Milk (unflavored) 24-60 months 1% Milk (unflavored) 5 years and older 1% Milk (unflavored)  All canned fruit are drained Hot dogs are diced Raw carrots are steamed
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This institution is an equal opportunity provider

\*seconds will be served upon child's request



Menu for Week of : January 10th


2022

Meal	January 10th				January 11th				January 12th				January 13th				January 14th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
<b>BREAKFAST:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz
<b>MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD</b>	Pancakes WG	1	1	2	Applesauce Egg patty	1/4C 1	1/2C 1	1/2C 1	Rice Krispy	3/4C	3/4C	11/4C	WW Mini Bagel Cream Cheese	1	1	2	Cheerios WG	1/2C	1/2C	1C
	Pineapple	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1	Banana	1/2	1	1	Pears	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C
<b>LUNCH:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk WG	4oz	6oz	8oz
<b>MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER</b>	Beef Crumble	1oz	1.5oz	2oz	Chicken Gravy	1oz Cond	1.5oz Cond	2oz Cond	Turkey Ham WW Roll	1oz 1/2	1.5oz 1/2	2oz 1	Beef Crumbles WW tortilla Shredded Cheddar	1oz 1 Cond	1.5oz 1 Cond	2oz 2 Cond	Chicken Nugget CN	3	5	5
	Pasta WW	1/4C	1/4C	1/2C	Mashed Potato	1/8C	1/4C	1/2C	Apple Slices	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C
	Fruit Cocktail	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Mixed Veg	1/8C	1/4C	1/2C	Romaine lettuce	1/4C	1/2C	1C	Green Beans	1/8C	1/4C	1/2C
	Green Beans	1/8C	1/4C	1/2C	WG Bread	1/2SL	1/2SL	1SL	Water				Water				Water			
<b>P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT</b>	Water				Water				Water				Water				Water			
	WG Veggie Cracker	1/2PK	1/2PK	1 PK	String Cheese	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	Corn loaf	1/2	1/2	1	WG Biscuit	1/2	1/2	1
	Orange	1	1	1 1/2	Wheat Cracker	8	8	16	Carrot Sticks	6	6	9	Apple	1/2	1/2	3/4	Sun butter	1 TBL	1 TBL	2 TBL

(WW)=Whole wheat	All milk served is unflavored
(WG)=Whole grain	12-23 months Whole Milk (unflavored)
(TBL)=Tablespoon	24-60 months 1% Milk (unflavored)
(CN)= Child Nutrition	5 years and older 1% Milk (unflavored)
(PK)= Packet	
(C)=Cup	All canned fruit are drained
(Cond)= Condiment	Hot dogs are diced
(SL) = Slices	Raw carrots are steamed

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Meal	January 17th				January 18th				January 19th				January 20th				January 21st			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
<b>BREAKFAST:</b>					Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD					WW Mini Bagel Cream Cheese	1	1	2	Applesauce Egg patty	1/4C 1	1/2C 1	1/2C 1	Pancakes WG	1	1	2	Cheerios WG	1/2C	1/2C	1C
<b>LUNCH:</b>					Pineapple	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1	Pears	1/4C	1/2C	1/2C	Banana	1/2	1	1
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER					Milk	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
					Turkey Dog WW Roll	1 1/2	1 1/2	1 1/2 1	English Muffin Cheese	1/2 1oz	1/2 1.5oz	1 2oz	Turkey Sausage WG Mini Bagel	1 1	1 1/2 1	2 1	Fish Sticks CN WW Bread	2 1/2	3 1/2	4 1
					Applesauce	1/8C	1/4C	1/4C	Lettuce Fruit Cocktail	1/4C 1/8C	1/2C 1/4C	1C 1/4C	Peaches	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C
<b>P.M. SNACK:</b>					Sweet Potato Fries	3	5	10	Tomato Soup	Cond	Cond	Cond	Hash Brown	1 1/2	1	2	Corn	1/8C	1/4C	1/2C
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD					Water				Water				Water				Water			
JUICE/FRUIT					WG Biscuit	1/2	1/2	1	WG Veggie Cracker	1/2PK	1/2PK	1 PK	Yogurt	1/4C	1/4C	1/2C	Corn loaf	1/2	1/2	1
					Sun butter	1 TBL	1 TBL	2 TBL	Orange	1	1	1 1/2	Carrot Sticks	6	6	9	Apple	1/2	1/2	3/4

(WW)=Whole wheat (WG)=Whole grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	<p>All milk served is unflavored</p> <p>12-23 months Whole Milk (unflavored)</p> <p>24-60 months 1% Milk (unflavored)</p> <p>5 years and older 1% Milk (unflavored)</p> <p>All canned fruit are drained</p> <p>Hot dogs are diced</p> <p>Raw carrots are steamed</p>
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Menu for Week of : January 24th

2022

Meal	January 24th				January 25th				January 26th				January 27th				January 28th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
<b>BREAKFAST:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz
<b>MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD</b>	Rice Krispy	3/4C	3/4C	1 1/4C	WW Mini Bagel Cream Cheese	1	1	2	Applesauce Egg patty	1/4C 1	1/2C 1	1/2C 1	Pancakes WG	1	1	2	Cheerios WG	1/2C	1/2C	1C
	Banana	1/2	1	1	Pineapple	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1	Pears	1/4C	1/2C	1/2C	Peaches	1/2	1	1
<b>LUNCH:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
<b>MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER</b>	Chicken Meatball Brown Rice	2 1/4C	2 1/4C	3 1/2C	Beef Crumble Pasta WW	1oz 1/4C	1.5oz 1/4C	2oz 1/2C	Chicken Gravy Mashed Potato Peaches	1oz Cond 1/8C 1/8C	1.5oz Cond 1/4C 1/4C	2oz Cond 1/2C 1/4C	Turkey Ham WW Roll	1oz 1/2	1.5oz 1/2	2oz 1	Beef Crumbles WW tortilla Shredded Cheddar	1oz 1 Cond	1.5oz 1 Cond	2oz 2 Cond
	Pears	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	WG Bread	1/2SL	1/2SL	1SL	Pineapple	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C
	Peas	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	Water				Mixed Veg	1/8C	1/4C	1/2C	Romaine lettuce	1/4C	1/2C	1C
<b>P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT</b>	Water				Water				Water				Water				Water			
	WG Veggie Cracker	1/2PK	1/2PK	1 PK	String Cheese	1/2	1/2	1	Corn loaf	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	WG Biscuit	1/2	1/2	1
	Orange	1	1	1 1/2	Wheat Cracker	8	8	16	Apple	1/2	1/2	3/4	Carrot Sticks	6	6	9	Sun butter	1 TBL	1 TBL	2 TBL

(WW)=Whole wheat (WG)=Whole grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	All milk served is unflavored 12-23 months Whole Milk (unflavored) 24-60 months 1% Milk (unflavored) 5 years and older 1% Milk (unflavored)  All canned fruit are drained Hot dogs are diced Raw carrots are steamed
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Menu for Week of : January 31st

2022

Meal	January 31st				February 1st				February 2nd				February 3rd				February 4th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
<b>BREAKFAST:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Applesauce	1/4C	1/2C	1/2C	Cheerios WG	1/2C	1/2C	1C	Rice Krispy	3/4C	3/4C	1 1/4C	WW Mini Bagel Cream Cheese	1	1	2	Pancakes WG	1	1	2
	Egg patty	1	1	1																
	Corn Muffin	1/2	1/2	1	Peaches	1/4C	1/2C	1/2C	Banana	1/2	1	1	Pears	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C
<b>LUNCH:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	WG				WG Elbow Pasta	1/4C	1/4C	1/2C	Turkey Dog	1	1	1 1/2	English Muffin	1/2	1/2	1	Turkey Sausage	1	1 1/2	2
	Chicken Nugget	3	5	5	Chicken Diced	1oz	1.5oz	2oz	WW Roll	1/2	1/2	1	Cheese	1oz	1.5oz	2oz	WG Mini Bagel	1	1	1
	CN				Cheddar Sauce	Cond	Cond	Cond					Lettuce	1/4C	1/2C	1C	Fruit Cocktail	1/8C	1/4C	1/4C
	Pineapple	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Applesauce	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C				
	Green Beans	1/8C	1/4C	1/2C	Broccoli	1/8C	1/4C	1/2C	Sweet Potato Fries	3	5	10	Tomato Soup	Cond	Cond	Cond	Hash Brown	1/2	1	2
<b>P.M. SNACK:</b>	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Corn loaf	1/2	1/2	1	WG Veggie Cracker	1/2PK	1/2PK	1 PK	Yogurt	1/4C	1/4C	1/2C	String Cheese	1/2	1/2	1	WG Biscuit	1/2	1/2	1
	Apple	1/2	1/2	3/4	Orange	1	1	1 1/2	Carrot Sticks	6	6	9	Wheat Cracker	8	8	16	Sun butter	1 TBL	1 TBL	2 TBL

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(WG)=Whole grain	12-23 months Whole Milk (unflavored)
(TBL)=Tablespoon	24-60 months 1% Milk (unflavored)
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