


January 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	2  WG Cheerios & 1% Milk WG Bread & Apple Butter Banana	3 Life & 1% Milk WG Apple Muffin Apples	4 Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	5 WG Rice Crispy & 1% Milk WG Blueberry Muffin Apple	6 Kix & 1% Milk Yogurt Oranges
Lunch	Chicken Pot Pie w/WG Noodles Peas & Carrots Pears 1% Milk	Meatloaf Corn Peaches WG Diner Roll 1% Milk	SB & Jelly Sandwich on WG bread Chicken Noodle Soup Apple Slices 1% Milk	Ham & Scallop Potatoes Orange Slices WG Dinner Roll 1% Milk	Pizza w/WG Crust Carrot Sticks & French Dressing Bananas 1% Milk
Snack	WG Tortilla Chip & Salsa & 1% Milk	WG Goldfish Crackers & 1% Milk	Cheese Stick & WG Crackers	Yogurt 1% Milk	Cereal & 1% Milk
Breakfast	9 WG Cheerios & 1% Milk WG Bread & Apple Butter Banana	10 Life & 1% Milk WG Apple Muffin Apples	11 Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	12 WG Rice Crispy & 1% Milk WG Blueberry Muffin Apples OR Oranges	13 Kix & 1% Milk Yogurt Oranges OR Banana
Lunch	Chicken Pot Pie w/WG Noodles Peas & Carrots Pears 1% Milk	Lasagna w/ WG Noodles California Blend Applesauce 1% Milk	Vegetable Soup Cheese Stick & Apples WG Crackers 1% Milk	Ham & Green Beans Oranges Slices WG Dinner Roll 1% Milk	Scrambled eggs & Sausage Diced potatoes Blueberries 1% Milk ½ slice WG Jelly Toast
Snack	WG Tortilla Chip & Salsa & 1% Milk	Celery w/SB & 1% Milk	Yogurt & 1% Milk	Pretzels & 1% Milk	Animal Crackers & 1% Milk
Breakfast	16 WG Cheerios & 1% Milk WG Bread & Apple Butter Apples	17 Life & 1% Milk WG Apple Muffin Apples OR Oranges	18 Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	19 WG Rice Crispy & 1% Milk WG Blueberry Muffin Oranges	20 Kix & 1% Milk Yogurt Apple
Lunch	Chicken Alfredo w/ WG Noodles California Blend Veggies Peaches 1% Milk	Three Bean Vegetarian Chili WG Corn Muffin Mangos 1% Milk	Cheeseburger Vegetable Soup WG Crackers Apple slices 1% Milk	Pork & Gravy Mashed Potatoes Fruit Cocktail WG Dinner Roll 1% Milk	Pizza w/WG Crust Celery & French Dressing Bananas 1% Milk
Snack	WG Pretzels & 1% Milk	WG Goldfish & 1% Milk	Yogurt & Granola & 1% Milk	Cereal & 1% Milk	Oatmeal Raisin Muffins & 1% Milk
Breakfast	23 WG Cheerios & 1% Milk WG Bread & Apple Butter Apples	24 Life & 1% Milk WG Apple Muffin Orange	25 Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	26 WG Rice Crispy & 1% Milk WG Blueberry Muffin Oranges	27 Kix & 1% Milk Yogurt Apples
Lunch	Fish Sandwich on WG Roll Broccoli & Cheese Peaches 1% Milk	Beef Stroganoff w/ WG Noodles Glazed Carrots Applesauce 1% Milk	Turkey & Cheese on WG Wrap Sweet Potato Fries Apple Slices 1% Milk	Ham & Baked Beans Peas Pineapple WG Butter Bread 1% Milk	WG French Toast Sticks Sausage Links Tater Tots Blueberries 1% Milk
Snack	½ Banana & SB on WG Tortilla	Pretzels & 1% Milk	Graham Crackers & 1% Milk	WG Tortilla Chip & Salsa & 1% Milk	Cheese & WG Crackers
Breakfast	30 WG Cheerios & 1% Milk WG Bread & Apple Butter Oranges	31 Life & 1% Milk WG Apple Muffin Banana OR Apples	~ Whole milk is served in compliance with CACFP guidelines for children 12 months-24 months at all meals ~ 1% milk is served in compliance with CACFP guidelines for children aged 24 months-12 years of age at all meal		
Lunch	Meatball Subs w/ cheese on WG Roll Green Beans Pears 1% Milk	WG Spanish Rice w/hamburger Peppers & Onions Mangos Corn Muffin 1% Milk			
Snack	Cereal & 1% Milk	Cheese Stick & WG Crackers			

All **grain products** have been selected by the CACFP nutrition standards to meet the whole grain requirement. Key Abbreviations: SB – Sun Butter, WG – Whole Grain