


# January 2024

|                  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|------------------|--|--|--|--|--|
| <b>Breakfast</b> | <b>1</b>  | <b>2</b> WG Mini Wheats & Milk<br>Yogurt<br>Apples                           | <b>3</b> Kix Cereal & Milk<br>WG Blueberry Muffin<br>Apples OR Oranges             | <b>4</b> Life & Milk<br>WG Cinnamon Raisin Toast<br>Apples OR Oranges  | <b>5</b> WG Rice Crispy & Milk<br>WG Apple Muffin<br>Oranges           |
| <b>Lunch</b>     |  | Fish Sticks<br>Corn<br>Peaches<br>WG Dinner Roll Milk                        | Grilled Cheese Sandwich on WG bread & Tomato Soup<br>Pickles<br>Apples Slices Milk | WG Macaroni & Diced Ham<br>Red Beets<br>Applesauce Milk  | Pizza<br>Fresh Carrots & Ranch<br>Grapefruit wedges Milk               |
| <b>Snack</b>     |  | Raisins & Apple slice & Milk   | Cuties & Milk  | Wheat thins & cheese & Milk  | Mango Salsa & Tortilla Chips & Milk                                    |
| <b>Breakfast</b> | <b>8</b> WG Cheerios & Milk<br>WG Waffles<br>Grapefruits or Apples                         | <b>9</b> WG Mini Wheats & Milk<br>Yogurt & Banana Slices<br>Banana OR Apples | <b>10</b> Kix Cereal & Milk<br>WG Blueberry Muffin<br>Apples OR Oranges            | <b>11</b> Life & Milk<br>WG Cinnamon Raisin Toast<br>Apples OR Oranges   | <b>12</b> WG Rice Crispy & Milk<br>WG Apple Muffin<br>Fresh Plums      |
| <b>Lunch</b>     | BBQ Chicken<br>California Blend Veggies<br>Pears<br>WG Biscuit Milk                        | Taco Casserole<br>Corn<br>WG Tortilla chips<br>Mangos Milk                   | Northern Bean Soup<br>Corn muffin<br>Orange Slices Milk                            | Sausage Bites & WG Butter noodles<br>Broccoli<br>Apple Slices Milk   | Pancakes<br>Sausage Links<br>Smashed sweet potato.<br>Blueberries Milk |
| <b>Snack</b>     | Animal Crackers & Milk   | Cheez it & Milk  | Pretzels & Milk  | Graham Crackers & Milk   | Yogurt & Milk  |
| <b>Breakfast</b> | <b>15</b> WG Cheerios & Milk<br>WG Waffles<br>Banana                                       | <b>16</b> WG Mini Wheats & Milk<br>Yogurt<br>Apples OR Bananas               | <b>17</b> Kix Cereal & Milk<br>WG Blueberry Muffin<br>Apples OR Oranges            | <b>18</b> Life & Milk<br>WG Cinnamon Raisin Toast<br>Apples OR Oranges   | <b>19</b> WG Rice Crispy & Milk<br>WG Apple Muffin<br>Apples           |
| <b>Lunch</b>     | Spaghetti W/G Noodles<br>Green Beans<br>Peaches<br>Garlic & Parmesan Toast Milk            | Swedish Meatballs<br>Mashed Potatoes<br>Mangos<br>WG Dinner Roll Milk        | Ham & Cheese Pinwheels on a WG Tortilla<br>Tarter Tots<br>Orange slices Milk       | Perogies & Diced Ham<br>California blend veggies<br>Fruit Cocktail Milk  | Pizza<br>Fresh Broccoli & Ranch<br>Bananas Milk                        |
| <b>Snack</b>     | Cuties & Milk  | Goldfish Crackers & Milk   | Graham Crackers & Milk   | Cheese & WG Cracker & Milk   | Apple Butter bread & Milk  |
| <b>Breakfast</b> | <b>22</b> WG Cheerios & Milk<br>WG Waffles<br>Orange                                       | <b>23</b> WG Mini Wheats & Milk<br>Yogurt & Banana<br>Banna OR Apples        | <b>24</b> Kix Cereal & Milk<br>WG Blueberry Muffin<br>Apples OR Oranges            | <b>25</b> Life & Milk<br>WG Cinnamon Raisin Toast<br>Apples OR Oranges   | <b>26</b> WG Rice Crispy & Milk<br>WG Apple Muffin<br>Apples           |
| <b>Lunch</b>     | Chicken & Cheese & Broccoli<br>Quesadilla<br>Oranges Milk                                  | Meatloaf<br>Corn<br>Apples<br>WG Dinner Roll Milk                            | Turkey & Cheese Sand on WG Bread<br>Sweet Potato Fries<br>Apple Slices Milk        | General Tso's Pork w/WG Rice<br>Broccoli<br>Pineapple Milk   | Scrambled Eggs<br>Fresh Pepper Slices<br>Peachy oatmeal Bake Milk      |
| <b>Snack</b>     | Cottage Cheese & Apple butter & Milk   | Salsa & WG Tortilla chips & Milk   | Pretzels & Milk  | Wheat Thins & Milk   | Savory Chex Mix & Milk   |
| <b>Breakfast</b> | <b>29</b> WG Cheerios & Milk<br>WG Waffles<br>Orange                                       | <b>30</b> WG Mini Wheats & Milk<br>Yogurt<br>Banana & Apples                 | <b>31</b> Kix Cereal & Milk<br>WG Blueberry Muffin<br>Apples OR Oranges            | <b>"Milk"</b><br>~ Whole milk is served in compliance with CACFP guidelines for children 12 months- 24 months at all meals.<br><br>~ 1% milk is served in compliance with CACFP guidelines for children aged 24 months-12 years of age at all meal |  |
| <b>Lunch</b>     | Tuna Salad Sandwich on WG Roll<br>Diced Sweet Potatoes<br>Pears Milk                       | Hamburger Goulash w/ WG noodles<br>Peas<br>Mangos Milk                       | Sun butter & Jelly Sandwich on WG Bread<br>Cooked Carrots<br>Apples slices Milk    |  |  |
| <b>Snack</b>     | Apples & Sun butter & Milk   | Animal Crackers & Milk   | WG Goldfish & Milk   |  |  |