



# 2024 January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Breakfast	WGR Raisin Bran Cereal, Bananas & Milk	Ham & Cheese Scrambled Eggs, Applesauce & Milk	WGR Cheerios Cereal, Peaches & Milk	Ham & Cheese Scrambled Eggs, Applesauce & Milk	Morning Glory Muffins, Mixed Fruit & Milk
Lunch	<b>Roasted Pork Chops, Peaches, Mixed Green Salad w/ WGR Crutons</b>	<b>HM Black Bean Burgers on WGR Bun, Bell Peppers, Pineapple &amp; Milk</b>	<b>Roasted Chicken, Italian Pasta Salad w/ WGR Rotini, Cucumbers, Strawberries and Milk</b>	<b>HM Black Bean Burgers on WGR Bun, Bell Peppers, Pineapple &amp; Milk</b>	<b>Meatloaf, Mashed Potatoes, Peas, WGR Bread and Milk</b>
Snack	WGR Woven Crackers & Cheese Slices	Cheese Quesadillas WGR	WGR Bread, Sun Butter & Jelly	Cheese Quesadillas WGR	Graham Crackers & Oranges
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Breakfast	WGR Special K Cereal, Pears & Milk	WGR HM Pancakes, Mixed Berries & Milk	WGR Oatmeal, Raisins & Milk	Sausage & Cheese Egg Burritos, Watermelon & Milk	WGR English Muffins, Kiwi & Milk
Lunch	<b>Chicken Stir Fry, White Rice w/ Asian Blend Veggies, Pineapple and Milk</b>	<b>Cheese Pizza, Apple Slices, Garden Salad and Milk</b> <b>*Applesauce</b>	<b>Cheesy Chicken and Broccoli Rice Bake, Pears and Milk</b>	<b>Fish Tacos on WGR Corn Tortillas, Corn, Mandarin Oranges and Milk</b>	<b>Biscuits &amp; Chicken Pot Pie Filling, Mixed Veggies, Cantaloupe and Milk</b>
Snack	Cheese & Crackers	Pita & Hummus	Apple Nachos	Goldfish & Tomato Soup	Carrots, Cheese Sticks, & Apple Slices
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Breakfast		WW Pancakes, Mixed Berries & Milk	WW Waffles, Apple Pie Slices & Milk	Spinach & Cheddar Frittatas, Clementines & Milk	Oatmeal Muffins, Bananas & Milk
Lunch	<b>Closed</b>	<b>Turkey and Cheese Sandwiches on WGR Bread, Baby Carrots, Clementines and Milk</b> <b>*Cooked Carrots and Mandarin Oranges</b>	<b>Pot Roast, WGR Buns, Sweet Potato Fries, Honeydew and Milk</b>	<b>Roasted Chicken, Rice Pilaf, Asparagus, Peaches and Milk</b>	<b>Tilapia w/ Tartar Sauce, WGR Bread, Green Beans, Pears and Milk</b>
Snack		Cheese Quesadillas WG	Meat & Cheese Roll-ups	WGR Wheat Thins & Cucumbers	Pineapple & Animal Crackers
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Breakfast	WG Oat Square Cereal, Pears & Milk	WGR HM Pancakes, Mixed Berries & Milk	WG English Muffins, Kiwi & Milk	Scrambled Eggs, Sausage, Hashbrowns & Milk	WGR Bread w/ Sunbutter/Jelly, Kiwi & Milk
Lunch	<b>Roasted Honey Thyme Chicken, Mixed Greens Salad w WGR Crutons, Mandarin Oranges and Milk</b> <b>*Peas. Canned Oranges</b>	<b>Pizza Penne Bake, Roasted Chicken, Apple Slices, Broccoli and Milk</b> <b>*Softened Apple Slices</b>	<b>Tikka Masala Chicken, WGR Brown Rice, Bell Peppers, Mango and Milk</b>	<b>Corned Beef and Cabbage, Roasted Carrots, WW Dinner Roll and Milk</b>	<b>Lemon Basil Chicken, Orzo Pasta, Asparagus, Sliced Grapes and Milk</b>
Snack	Fruit Smoothies & Graham Crackers	Turkey, Cheese & Crackers	Banana Sunbutter Wraps & Milk	Strawberry Frozen Bites & Oranges	Bean Quesadillas WG
	<b>29</b>	<b>30</b>	<b>31</b>		
Breakfast	KIX, Peaches & Milk	WGR Oatmeal, Raisins & Milk	Sausage & Cheese Egg Burritos, Watermelon & Milk		
Lunch	<b>Chicken Caesar Salad, Apple Slices, WW Breadsticks and Milk</b> <b>*Softened Apple Slices</b>	<b>Cheesy Chicken and Broccoli Rice Bake, Pears and Milk</b>	<b>Fish Tacos on WGR Corn Tortillas, Corn, Mandarin Oranges and Milk</b>		
Snack	WW Bread & Sunbutter	Apple Nachos	Goldfish & Tomato Soup		

\*Milk is served at both Breakfast and Lunch. Whole Milk for children 1-2 years old, Skim Milk for children ages 2-5

\* Red Font indicates a toddler or infant alternative

\*WG= Whole Grain WW= Whole Wheat HM= Home Made

Meal Patterns and Serving Sizes are posted in each classroom and in the kitchen on the freezer.

