




January Menu 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p>Breakfast¹ Jan 3</p> <p>WG Pancake Mandarin Oranges Mozzarella Cheese Stick</p> <p>Lunch¹</p> <p>WG Chicken Tenders Carrots Fruit Cocktail</p> <p>Snack²</p> <p>WG Granola Greek Vanilla Yogurt</p>	<p>Breakfast¹ 4</p> <p>WG Waffle Sticks Tropical Fruit</p> <p>Lunch¹</p> <p>Tuna Twist Salad WG Tortilla Cold Peas Mango & Berries</p> <p>Snack²</p> <p>WG Corn Tortilla Chips Salsa Mozzarella Cheese Stick</p>	<p>Breakfast¹ 5</p> <p>WG Tasteeos Strawberries</p> <p>Lunch¹</p> <p>Deli Turkey Slices WG Flatbread Three Sister's Soup Apple</p> <p>Snack²</p> <p>WG Toast Peaches</p>	<p>Breakfast¹ 6</p> <p>WG French Toast Sticks Baked Apple Slices</p> <p>Lunch¹</p> <p>Mediterranean Chicken WG Brown Rice Pilaf Sweet Pepper Slices Banana</p> <p>Snack²</p> <p>WG Snack Mix Fresh Carrots</p>	<p>Breakfast¹ 7</p> <p>WG Apple Cinn Muffin Orange Slices</p> <p>Lunch¹</p> <p>WG Cheese and Black Bean Quesadilla Tomato Slices Blueberries</p> <p>Snack²</p> <p>WG English Muffin Tomato Sauce Shredded Cheese</p>
2	<p>Breakfast¹ 10</p> <p>WG Bagel Egg and Cheese Omelet Peaches</p> <p>Lunch¹</p> <p>BBQ Beef WG Dinner Roll Cold Peas Tropical Fruit</p> <p>Snack²</p> <p>Ritz Crackers Cheese Slice</p>	<p>Breakfast¹ 11</p> <p>WG Toast Blueberries/Strawberries</p> <p>Lunch¹</p> <p>Vanilla Yogurt WG Pancake Carrots Pears</p> <p>Snack²</p> <p>WG Blueberry Muffin Mandarin Oranges</p>	<p>Breakfast¹ 12</p> <p>WG Biscuit Mango</p> <p>Lunch¹</p> <p>Ranchero Bean Tacos Shredded Cheese WG Tortilla Romaine Spinach Salad Salsa Orange Slices</p> <p>Snack²</p> <p>WG Flatbread Turkey</p>	<p>Breakfast¹ 13</p> <p>WG Kix Fresh Cantaloupe</p> <p>Lunch¹</p> <p>Beef Meatballs Shredded Chees WG Breadstick Mashed Potatoes Blackberries</p> <p>Snack²</p> <p>WG Teddy Grahams Apple</p>	<p>14</p> <p>ALL CLASSROOMS CLOSED</p>
3	<p>17</p> <p>REACH-UP CLOSED</p>	<p>Breakfast¹ 18</p> <p>WG Banana Muffin Pineapple</p> <p>Lunch¹</p> <p>Chicken Roll Up WG Tortilla Shredded Chicken Shredded Cheese Romaine Spinach Salad Tropical Fruit</p> <p>Snack²</p> <p>WG Corn Tortilla Chips Salsa Mozzarella Cheese Stick</p>	<p>Breakfast¹ 19</p> <p>WG Pancake Baked Apple Slices</p> <p>Lunch¹</p> <p>WG Beef Lasagna Cauliflower/Broccoli Mango and Berries</p> <p>Snack²</p> <p>WG Toast Peaches</p>	<p>Breakfast¹ 20</p> <p>WG Tasteeos Pears & Blueberries</p> <p>Lunch¹</p> <p>WG Popcorn Chicken Sweet Pepper Slices Banana</p> <p>Snack²</p> <p>WG Snack Mix Carrots</p>	<p>Breakfast¹ 21</p> <p>WG Waffle Sticks Mandarin Oranges</p> <p>Lunch¹</p> <p>Bean Burrito Bowl Beans Shredded Cheese WG Brown Rice Romaine Spinach Salad Salsa Peaches</p> <p>Snack²</p> <p>WG English Muffin Tomato Sauce Shredded Cheese</p>
4	<p>Breakfast¹ 24</p> <p>WG Kix Egg and Cheese Omelet Fruit Cocktail</p> <p>Lunch¹</p> <p>Samosa Chicken WG Flatbread Diced Potatoes Peaches</p> <p>Snack²</p> <p>Ritz Crackers Cheese Slice</p>	<p>Breakfast¹ 25</p> <p>WG Bagel Green Apple Slices</p> <p>Lunch¹</p> <p>Chicken Salad WG Bun Romaine Lettuce Tomatoes Blackberries</p> <p>Snack²</p> <p>WG Blueberry Muffin Mandarin Oranges</p>	<p>Breakfast¹ 26</p> <p>WG Toast Sunshine Fruit</p> <p>Lunch¹</p> <p>Bean Chili Cheese Slice WG Cornbread Carrots Fruit Infused Applesauce</p> <p>Snack²</p> <p>WG Flatbread Turkey</p>	<p>Breakfast¹ 27</p> <p>WG English Muffin Apricots</p> <p>Lunch¹</p> <p>Turkey Burger WG Bun Cucumber Coins Pineapple Brussels Sprouts </p> <p>Snack²</p> <p>WG Teddy Grahams Apple</p>	<p>Breakfast¹ 28</p> <p>WG Pancake Pears</p> <p>Lunch¹</p> <p>WG Grilled Cheese Tomato Soup Mixed Vegetables Orange Slices</p> <p>Snack²</p> <p>Cucumber Coins Hummus</p>
HSCCC PM SNACK					
	WG Toast Pineapple	WG Snack Mix Peaches	Ritz Crackers Cottage Cheese	WG Bagel Mandarin Oranges	WG Biscuit Applesauce

¹ Milk
Served daily with breakfast & lunch
1-yr-olds = unflavored whole milk
2-yr-olds = unflavored 1% milk
3-5-yr-olds = unflavored 1% milk

Condiments:
Ranch, Sugar-free Syrup, Ketchup, and Butter
Staff offer/serve limited portions of condiments at appropriate meals for children.

CACFP Requirements:
WG = Whole Grain-Rich
*One Whole Grain-Rich item served daily.
Breakfast cereals and yogurt meet sugar limit.

² Water served daily with snack