Breakfast cereals and yogurt meet

sugar limit.

## January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1		2
ALL CLASSROOMS CLOSED	REACH-UP CLOSED ALL CLASSROOMS CLOSED	REACH-UP CLOSED ALL CLASSROOMS CLOSED	ALL CLASSROOMS CLOSED	ALL CLASSROOMS CLOSED
Breakfast¹ 6 WG Biscuit Mixed Berries Yogurt  Lunch¹ WG Egg & Cheese English Muffin Sandwich Peas and Carrots Pears & Blueberries  Snack² WG Toast Peaches	Breakfast¹ 7 Pancake Mandarin Oranges  Lunch¹ Chicken Roll Up WG Tortilla Diced Chicken Shredded Cheese Cucumbers Mixed Fruit Cocktail  Snack² Mozzarella Cheese Stick Apple	Breakfast¹ 8 WG Bagel Tropical Fruit Cream Cheese  Lunch¹ Bean Chili Cheese Slice WG Flatbread Romaine Spinach Salad Cantaloupe  Snack² WG Granola Greek Vanilla Yogurt	Breakfast¹ WG French Toast Sticks Applesauce Lunch¹ Beef Patty Cheese Slice WG Bun Pickles Bell Pepper Slices Banana Snack² WG Snack Mix Pea Pods & Carrots	9 Breakfast¹ 1 WG Apple Cinn Muffin Pineapple  Lunch¹ WG Cheese and Black Bean Quesadilla Tomato Slices Blueberries  Snack² WG English Muffin Pizza Sauce Shredded Cheese
Breakfast¹ 13  WG Pancake Peaches Mozzarella Cheese Stick  Lunch¹ WG Chicken Tenders Carrots Pears  Snack² WG Graham Cracker Applesauce	Breakfast¹ 14  WG Blueberry Muffin Sunshine Fruit  Lunch¹ Sunbutter Sandwich Mozzarella Cheese Stick Cauli & Broc Blackberries  Snack² WG Tortilla Chips Salsa Pineapple	Breakfast¹ 15 WG English Muffin Mango  Lunch¹ Beef Meatballs Shredded Cheese WG Breadstick Mashed Potatoes Orange Slices  Snack² WG Cheerios Mixed Fruit Cocktail	Breakfast¹ WG Toast Apple  Lunch¹ Deli Turkey Slices WG Flatbread Cucumbers Halved Grapes  Snack² Ritz Crackers Cheese Slice	16 Breakfast¹ WG Waffle Sticks Peaches  Lunch¹ WG Cheese Pizza Romaine Spinach Salad Strawberries  Snack² Strawberry Banana Smoothie WG Bagel Cream Cheese
REACH-UP CLOSED ALL CLASSROOMS CLOSED	Breakfast¹ 21  WG Pancake Pineapple Egg Patty  Lunch¹ Deli Turkey Cheese Slice WG Dinner Roll Cucumbers Cantaloupe  Snack² Mozzarella Cheese Stick Apple	Breakfast¹ 22 WG Apple Cinn Muff Strawberry Banana Smoothie  Lunch¹ WG Popcorn Chicken Cauli & Broc Pears  Snack² WG Granola Greek Vanilla Yogurt	Breakfast¹ WG Biscuit Blueberries  Lunch¹ WG Beef Spaghetti Mozzarella Cheese Stick Bell Pepper Slices Banana  Snack² WG Snack Mix Pea Pods & Carrots	ALL CLASSROOMS CLOSED
Goldfish	Belvita Bar	HSCCCs PM SNACK Scooby Snacks Grahams	Tortilla Chips	Kix Cup
Mixed Fruit Cup	Peach Cup	Applesauce Cup	Salsa Cup	Fresh Cut Oranges

2-yr-olds = unflavored 1% milk 3-5-yr-olds = unflavored 1% milk

<sup>2</sup> Water served daily with snack

## January 2025

	Monday		Tuesday		Wednesday		Thursday		Friday	
4	Breakfast <sup>1</sup> WG Toast Strawberries	27	Breakfast¹ WG Peachy Oatmeal Bake Apple	28	Breakfast <sup>1</sup> WG Blueberry Muffin Sunshine Fruit	29	Breakfast <sup>1</sup> WG Waffle Sticks Peaches	30	Breakfast <sup>1</sup> WG Pancake Pears	31
	Mozzarella Cheese Stick  Lunch¹ BBQ Beef WG Dinner Roll Peas Tropical Fruit		Lunch <sup>1</sup> Hardboiled Egg WG French Toast Sticks Cucumbers Orange Slices		Lunch¹ Chicken Taco WG Tortilla Shredded Cheese Romaine Spinach Salad Mango & Berries		Lunch¹ Sunbutter Sandwich Mozzarella Cheese Stick Carrots Halved Grapes		Lunch <sup>1</sup> WG Grilled Cheese Mixed Vegetables Apple Snack <sup>2</sup>	
	Snack <sup>2</sup> WG Graham Cracker Applesauce		Snack <sup>2</sup> WG Tortilla Chips Salsa Pineapple		Snack <sup>2</sup> WG Cheerios Mixed Fruit Cocktail		<u>Snack²</u> Ritz Crackers Cheese Slice		Strawberry Banana Smooth WG Bagel Cream Cheese	nie

HSCCC5 PM SNACK					
Goldfish	Belvita Bar	Scooby Snacks Grahams	Tortilla Chips	Kix Cup	
Mixed Fruit Cup	Peach Cup	Applesauce Cup	Salsa Cup	Fresh Cut Oranges	

<sup>1</sup> Milk	CACFP Requirements
Served daily with breakfast & lunch	WG = Whole Grain-Rich
1-yr-olds = unflavored whole milk	*One whole grain-rich item served
2-yr-olds = unflavored 1% milk	daily.
3-5-yr-olds = unflavored 1% milk	Breakfast cereals and yogurt meet
	sugar limit.
<sup>2</sup> Water served daily with snack	