

January Menu 2023

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

<p>2</p> <p>CLOSED</p>	<p>3 B: Banana Bread, Diced Peaches, Milk</p> <p>L: Marinara Beef Pasta, Shredded Mozzarella Cheese, Broccoli, Fruit Cocktail, Milk</p> <p>S: Breadsticks, Marinara Sauce, Water</p>	<p>4 B: Life Cereal, Fruit Cocktail, Milk</p> <p>L: Beef Chili, Saltine Crackers, French Fries, Applesauce, Milk</p> <p>S: Vanilla Pudding, Vanilla Wafers, Water</p>	<p>5 B: Raisin Bran Cereal, Applesauce, Milk</p> <p>L: Sloppy Joe Sandwich, Enriched Bun, Mixed Vegetables, Diced Pears, Milk</p> <p>S: Ritz Crackers, Marble Cheese Stick, Water</p>	<p>6 B: Muffins, Pineapple Tidbits, Milk</p> <p>L: All Beef Hot Dogs, Enriched Bun, Green Beans, Diced Peaches, Milk</p> <p>S: Oatmeal Cream Pie, Milk</p>
<p>9 B: Donuts, Mandarin Oranges, Milk</p> <p>L: Beef Ravioli, Shredded Mozzarella Cheese, Mixed Vegetables, Diced Pears, Milk</p> <p>S: Soft Pretzel, Cream Cheese, Water</p>	<p>10 B: Corn Flakes Cereal, Diced Peaches, Milk</p> <p>L: Soft Taco, Whole Kernel Corn, Diced Pineapple, Milk</p> <p>S: Assorted Yogurt, Animal Crackers, Water</p>	<p>11 B: Assorted Cereal Bars, Diced Pears, Milk</p> <p>L: Meatball Subs, Enriched Bun, French Fries, Fruit Cocktail, Milk</p> <p>S: Wheat Thin Crackers, Mozzarella Cheese Sticks, Water</p>	<p>12 B: Coffee Cake, Bananas, Milk</p> <p>L: Chicken Nuggets, Dinner Roll, Whole Kernel Corn, Diced Peaches, Milk</p> <p>S: Tortilla Chips, Mild Salsa, Water</p>	<p>13 B: Blueberry Bread, Applesauce, Milk</p> <p>L: Chicken and Dumplings, Green Beans, Diced Pineapple, Milk</p> <p>S: Ice Cream Social, Ice Cream Sandwich</p>
<p>16 B: Rice Krispies Cereal, Diced Peaches, Milk</p> <p>L: Vegetable Soup, 1/2 Turkey and American Cheese Sandwich, Fruit Cocktail, Milk</p> <p>S: Brownie, Milk</p>	<p>17 B: Banana Bread, Diced Pears, Milk</p> <p>L: Baked Beans with Diced All Beef Hotdogs, Dinner Roll, Diced Pineapple, Milk</p> <p>S: Breadsticks, Marinara Sauce, Water</p>	<p>18 B: Life Cereal, Applesauce, Milk</p> <p>L: Macaroni and Cheese, Broccoli, Diced Peaches, Milk</p> <p>S: Ritz Crackers, Marble Cheese Stick, Water</p>	<p>19 B: Assorted Muffins, Fruit Cocktail, Milk</p> <p>L: Beef Chili, Saltine Crackers, Peas, Diced Pears, Milk</p> <p>S: Graham Crackers, Strawberry Cream Cheese, Water</p>	<p>20 B: Orange Sweet Bread, Diced Pineapple, Milk</p> <p>L: French Toast Sticks, Tater Tots, Turkey Sausage, Diced Peaches, Milk</p> <p>S: Goldfish Crackers, Applesauce/ Apple Slices, Water</p>
<p>23 B: Coffee Cake, Fruit Cocktail, Milk</p> <p>L: Chicken and Dumplings, Green Beans, Diced Peaches, Milk</p> <p>S: Wheat Thin Crackers, Mozzarella String Cheese, Water</p>	<p>24 B: Cheerio's Cereal, Applesauce, Milk</p> <p>L: Marinara Beef Pasta, Shredded Mozzarella Cheese, Peas and Carrots, Diced Pears, Milk</p> <p>S: Soft Pretzel, Cream Cheese, Water</p>	<p>25 B: Donuts, Bananas, Milk</p> <p>L: Sloppy Joe Sandwiches, Dill Pickle Spear, Fruit Cocktail, Milk</p> <p>S: Tortilla Chips, Mild Salsa, Water</p>	<p>26 B: Raisin Bran Cereal, Diced Peaches, Milk</p> <p>L: All Beef Hotdogs, Enriched Bun, Green Beans, Diced Pineapple, Milk</p> <p>S: Assorted Yogurt, Animal Crackers, Water</p>	<p>27 B: Assorted Cereal Bars, Diced Pears, Milk</p> <p>L: All Beef Meatball Sub, Enriched Bun, French Fries, Applesauce, Milk</p> <p>S: Fudge Round, Milk</p>
<p>30 B: Banana Bread, Applesauce, Milk</p> <p>L: Chicken Noodle Soup, 1/2 American Cheese Sandwich, Green Beans, Diced Pears, Milk</p> <p>S: Ritz Crackers, Marble Cheese Stick, Water</p>	<p>31 B: Life Cereal, Diced Peaches, Milk</p> <p>L: Soft Taco, Whole Kernel Corn, Diced Pineapple, Milk</p> <p>S: Vanilla Pudding, Vanilla Wafers, Water</p>	 <p>HAPPY NEW YEAR</p>		

Portion Sizes: 1-2 Years Old Breakfast: Milk 1/2 C, Fruit/Veg 1/4 C, Grain 1/2 Slice or 1/4 C Lunch: Meat 1 oz, Grain 1/2 Slices or 1/4 C, Milk 1/2 C Snacks: Milk 1/2 C, Fruit/ Veg 1/2 C Grain 1/2 Slice or 1/4 C, Meat 1/2 oz. 3-5 Years Old Breakfast: Milk 3/4 C, Fruit/Veg 1/2 C, Grain 1/2 Slice or 1/4 C Lunch: Meat 1 1/2 oz, Grain 1/2 Slice or 1/4 C Fruit/ Veg, 1/2 C Milk 3/4 C Snacks: Milk 1/2 C Fruit/Veg 1/2 C, Grain 1/2 Slice or 1/4 C Meat 1/2 oz 6-12 Years Old Breakfast: Milk 1 C, Fruit/Veg 1/2 C, Grain 1 Slice or 3/4 C Lunch: Meat 2 Oz, Grain 1 Slice or 1/2 C, Fruit/Veg 3/4 C, Milk 1 C, Snacks: Milk 1/2 C, Fruit/Veg 1/2 C, Grain 1/2 Slice or 1/4 C, Meat 1 oz **Substitutions for Infants:** Applesauce for Apple Slices, Animal Crackers, or Cereal Bars, or Graham Crackers for Chips & Salsa.