


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					1 
<b>LUNCH</b>					
<b>BREAKFAST</b>	4	5	6	7	8
<b>LUNCH</b>	<p>½ c <b>Chili</b> [T][C] 1 Mini Corn Muffin [E][G][S][C] ¼ c <b>Spinach</b> or ½ c <b>Spinach Salad</b> Ranch [D][E][S] ¼ Pears ¾ c Milk [D]</p> <p><i>Veg: ¾ c Vegetarian Chili [T][C]</i></p>	<p>1 <b>WG</b> Pancake [E][G][S][C][D] ½ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk [D]</p> <p><b>Morocco</b></p> <p>2 oz Moroccan Chicken [T] ¼ c Vegetables ¼ c Curried Couscous ¼ c <b>Cantaloupe</b> ¾ c Milk [D]</p> <p><i>Veg: 3/8 c Moroccan Chickpea [T] 1.5 oz m/ma</i></p>	<p>½ <b>WG</b> English Muffin [G][S][C] ½ c <b>Melon Salad</b> ¾ c Milk [D]</p> <p><b>Swedish Lunch</b></p> <p>3 Swedish Meatballs [D][G][S] in Gravy [D][G][S][C] ½ c <b>WG</b> Rice &amp; <b>Beets</b> ¼ c <b>Pineapple</b> ¾ c Milk [D]</p> <p><i>Veg: ½ c Vegetarian Baked Beans [C] 1.5 oz m/ma</i></p>	<p>¾ c Chicken Alfredo with a <b>WG</b> Twist [D][G] ½ c <b>Shredded Kale</b> Salad with Italian [S][C] ½ c <b>Apple/EHS Applesauce</b> ¾ c Milk [D]</p> <p><i>Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma with Alfredo sauce and ¼ c WG Rotini</i></p>	<p>¼ c Scrambled Eggs [D][E] 1 <b>WG</b> Biscuit [D][G][S] ½ c <b>Mandarin Oranges</b> ¾ c Milk [D]</p> <p>1 Cheese Manicotti [D][E][G][C] w Tomato Basil Sauce [T] • 1 ¼ oz Cheese, 2 oz <b>WG</b> Grain (2.75 oz) ¼ c <b>Broccoli</b> w Veggie Dip [D][E][S][C][EHS] Steamed Broccoli ¼ c <b>Fresh Fruit Salad</b> Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]</p> <p><i>Veg: Same</i></p>
<b>BREAKFAST</b>	11	12	13	14	15
<b>LUNCH</b>	<p><b>Japan</b></p> <p>2 oz Teriyaki Chicken [T][S][C] ¼ c <b>WG</b> Rice ¼ c Asian Succotash – (baby corn, lima beans, tomato) [T][C] ¼ c <b>Pineapple</b> ¾ c Milk [D]</p> <p><i>Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma w Teriyaki Sauce</i></p>	<p>½ c Beef Picadillo #8 [T] 1 ½ oz m/ma ¼ c <b>WG</b> Rice (½ oz Grain) ½ c <b>Spinach Salad</b> w creamy Italian [S][C] / <b>EHS</b> 1/8 c Steamed <b>Spinach</b> ¼ c <b>Pears</b> ¾ c Milk [D]</p> <p><i>Veg: ½ c Bean Piccadillo [T] 1.5 oz m/ma</i></p>	<p><b>Breakfast for Lunch</b></p> <p>3 Turkey Sausage Bites 2 <b>WG</b> Pancake [E][G][S][C][D] w Lite Syrup ¼ c <b>Creamed Spinach &amp; Greens</b> [D][G][S][C] ¼ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk [D]</p> <p><i>Veg: ½ c Yogurt [D][C] 1 oz m/ma &amp; 1 oz String Cheese [D] 1 oz m/ma and pancakes, greens, fruit</i></p>	<p>2 oz Beef Patty [S] 1 <b>WG</b> Bun ¼ c Glazed <b>Carrots</b> ¼ c <b>Cantaloupe</b> ¾ c Milk [D]</p> <p><i>Veg ½ c Barbecue Kidney Beans [C] (2 oz m/ma) ½ WG w Pita (1 oz g)</i></p>	<p>5/8 c Seasoned <b>Red Beans</b> [T] &amp; <b>WG</b> Rice • 3/8 c Beans; ¼ c Rice ¼ c <b>Broccoli</b> w Italian Dressing [S][C] ½ <b>Apple</b> ¾ c Milk [D]</p> <p><i>Veg: Same</i></p>

**DAYCARE ALLERGENS**  
**BREAKFAST & LUNCH – JANUARY MENU**

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus [O] Oats

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	18	19	20	21	22
<b>LUNCH</b>	<p><b>MARTIN LUTHER KING DAY</b></p> <p><b>NO SCHOOL</b></p>	<p>1 <b>WG</b> Pancake [E][G][S][C][D] w Syrup [C]</p> <p>½ c Honeydew</p> <p>¾ c Milk [D]</p> <p>¼ c Turkey Sloppy Joe [T][C]</p> <p>1 oz <b>WG</b> Bun [G][S]</p> <p>¼ c <b>Creamed Spinach &amp; Greens</b> [D][G][S][C]</p> <p>¼ c <b>Apple</b> [EHS] Applesauce</p> <p>¾ c Milk [D]</p> <p><i>Veg: ½ c Bean Sloppy Joe (2 oz m/ma) #8 [T][C]</i></p>	<p>½ <b>WG</b> English Muffin [G][S][C] w PC Jelly [C]</p> <p>½ c <b>Melon Salad</b></p> <p>¾ c Milk [D]</p> <p><i>China</i></p> <p>¼ c Stir Fried Beef La Choy [C]</p> <p>¼ c <b>WG</b> Rice</p> <p>¼ c <b>Broccoli &amp; Ranch Dip</b> [D][E][S]</p> <p><b>EHS</b> Steamed Broccoli</p> <p>¼ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava)</p> <p>¾ c Milk [D]</p> <p><i>Veg: ½ c Stir Fried Tofu [S][C] 2 oz m/ma</i></p>	<p>21</p> <p>2 oz Oven Fried Chicken Leg</p> <p>EHS 1 Chicken Tenders [G][S][C]</p> <p>¼ c <b>Coins Carrots</b></p> <p>1 oz Mini corn muffin [E][G][S][C]</p> <p>¼ c <b>Peaches</b></p> <p>¾ c Milk [D]</p> <p><i>Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma alt ½ cheese sandwich 4 oz yogurt [D][G][C] 1 ½ oz m/ma</i></p>	<p>22</p> <p>¼ c Scrambled Eggs [D][E]</p> <p>1 <b>WG</b> Biscuit [D][G][S]</p> <p>½ c <b>Mandarin Oranges</b></p> <p>¾ c Milk [D]</p> <p>½ c <b>WG</b> Macaroni &amp; Cheese [D][E][G][S][C] ¼ oz Cheese; ¼ c <b>WG</b> Noodles ½ oz</p> <p>3/8 c Vegetarian <b>Baked Beans</b> [C]</p> <p>½ c <b>Spinach</b> Salad w Italian [S][C]</p> <p><b>EHS</b> Steamed <b>Spinach</b></p> <p>¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple)</p> <p>¾ c Milk [D]</p> <p><i>Veg: Same</i></p>
<b>BREAKFAST</b>	25	26	27	28	29
<b>LUNCH</b>	<p>½ c Arroz con Pollo [T]</p> <p>1 ½ oz m/ma with ¼ c Vegetables (Bell Pepper, Onion Tomatoes)</p> <p>¼ c <b>WG</b> Rice</p> <p>¼ c <b>Mandarin Oranges</b></p> <p>¾ c Milk [D]</p> <p><i>Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma con Pollo w Rice ¼ c Vegetables (Bell Pepper, Onion Tomatoes) [T]</i></p>	<p>2oz Meatloaf [E][T][G][S] &amp; Gravy [D][G][S][C]</p> <p>1oz <b>WG</b> Roll [G][S]</p> <p>¼ c <b>Broccoli &amp; Ranch Dip</b> [D][E][S] <b>EHS</b></p> <p>Steamed Broccoli</p> <p>¼ c Roasted Potatoes</p> <p>¾ c Milk [D]</p> <p><i>Veg: ½ c Hummus ½ WG w Pita [G][S][C] (1 oz) NO ROLL</i></p>	<p>½ <b>WG</b> Bagel [G][C] w Cream Cheese [D]</p> <p>½ c <b>Sliced Apple</b></p> <p>¾ c Milk [D]</p> <p><i>Asian</i></p> <p>2 oz Honey Glazed Chicken [S]</p> <p>¼ c Asian <b>WG</b> Brown Rice [S]</p> <p>¼ c Stir Fried <b>Bok Choy &amp; Carrots</b></p> <p>¼ c <b>Cantaloupe</b></p> <p>¾ c Milk [D]</p> <p><i>Veg: 3 Honey Glazed Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma</i></p>	<p>28</p> <p>½ c Beef &amp; <b>WG</b> Macaroni Pasta Bake [T] #8 2 oz Beef, ¼ c <b>WG</b> Noodles (½ oz)</p> <p>½ c <b>Field Green Salad</b> w Ranch [D][E][S] / <b>EHS</b> Cucumber Slices</p> <p>¼ c Honeydew</p> <p>¾ c Milk [D]</p> <p><i>Veg: ½ c Macaroni and Cheese w 1 ½ oz. Mozzarella Cheese Stick [D][E][G][S][C] 1 ½ oz M/MA ¼ c WG Noodles ½ oz</i></p>	<p>29</p> <p>1 Cheese Omelet [D][E][S][C]</p> <p>1 oz <b>WG</b> English Muffin [G][S][C]</p> <p>½ c Pears</p> <p>¾ c Milk [D]</p> <p>½ c <b>Bean Burrito</b> [T]</p> <p>¼ c Cilantro <b>WG</b> rice</p> <p>¼ c Pico de Gallo [T]</p> <p>1 TBSP Cheese [D]</p> <p>¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple)</p> <p>¾ c Milk [D]</p> <p><i>Veg: Same</i></p>