

January 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 B-Cheerios & Bananas L-Beef Meatballs Organic Pasta & Sauce Green Beans/Fresh Fruit S-Sun Butter & WG Crackers w/Raisins</p> <p>Substitute - Thin Bread for Toddlers</p>	<p>3 B-WG Bagels & Cream Cheese w/Oranges L-Pork Tacos/Spanish Rice/WG Tortillas Cheddar Cheese & Applesauce S-Guacamole & WG Chips</p> <p>Substitute Tortillas for Toddlers</p>	<p>4 B-Greek Yogurt/Mixed Organic Berries & *WG Granola L-Sweet & Sour Chicken WG Rice/Peas & Carrots Pineapple & Mango S-Strawberry Jam On **WG Bread</p> <p>Substitute *Cheerios & **Tortillas for Toddlers</p>	<p>5 B-WG Oatmeal & Organic Mixed Berries L-Blueberry WG Kodiak Pancakes/Sausages & Fresh Fruit S-Cheese & WG Pretzels</p> <p>Substitute Thin Bread for Toddlers</p>	<p>6 B-Nature's Bakery Fig Bars & Grapes L-Organic Turkey & Cheese on Thin Bread *contains eggs (mayo) Pepper Strips/Bean Pods & Cucumber Slices w/Ranch *Apple Slices S-**Animal Crackers w/ Raisins</p> <p>Substitute *Applesauce & **Graham Crackers for Toddlers</p> <p>All raw veggies will be precooked for Ages 2 and under</p>
<p>9 B-Cinnamon Bread & Applesauce L-Chicken Chow Mein WG Brown Rice/Carrots Peppers/Pineapple S-SunButter on WG Toast</p>	<p>10 B-Banana Oatmeal Muffins *contains eggs & Raisins L-Pizza Quesadillas (Pepperoni WG Tortilla & Cheese) Corn HM Applesauce S-Guacamole & WG Chips</p> <p>Substitute Thin Bread for Toddlers</p>	<p>11 B-WG Oatmeal & Organic Mixed Berries L-Organic Spinach Pork Sausage & WG Pasta Fresh Fruit S-Sun Butter Protein Balls & Raisins</p>	<p>12 B-Aussie Bites & Oranges L-French Onion Beef WG Pasta/Peas & Fresh Fruit S-Cheese & WG Crackers</p> <p>Substitute Thin Bread for Toddlers</p>	<p>13 B-WG Cereal & Banana L-Chicken Parm Sliders WG Roll/Mashed Sweet Potatoes & Fresh Fruit S-Graham Crackers & Yogurt</p>

<p>16</p> <p>CLOSED</p> <p>MARTIN LUTHER KING JUNIOR DAY</p>	<p>17</p> <p>B-Nature's Bakery Fig Bars & Oranges L-Fish Tacos (Tilapia) Cilantro Lime Rice WG Tortilla/Corn Apple Slaw S-Hummus & Naan Bread</p> <p>Substitute Applesauce for Toddlers</p>	<p>18</p> <p>B-WG Cereal & Banana L-Sweet & Sour Pork WG Brown Rice Peppers & Pineapple S-Sun Butter Protein Balls & Raisins</p>	<p>19</p> <p>B-Greek Yogurt & Organic Mixed Berries WG Granola L-Organic Chicken & WG Noodles/Peas & Carrots/HM Applesauce S-Cheese & Grapes</p> <p>Substitute Cheerios for Toddlers</p>	<p>20</p> <p>B-Aussie Bites & Raisins L-Ham & Cheese Sliders WG Roll/Pepper Strips/Bean Pods & Cucumber Slices w/ Ranch & Peaches S-Healthy Chocolate Muffins <i>*contains eggs</i></p> <p>All raw Veggies are precooked for Ages 2 & under</p>
<p>23</p> <p>B-WG Oatmeal w/ Organic Mixed Berries L-Beef Stir Fry Broccoli/Brown Rice & Pineapple S-Cheese & WG Crackers Substitute Thin Bread for Toddlers</p>	<p>24</p> <p>B-WG Cereal & Banana L-Chicken Burrito Bowl WG Brown Rice Peppers & Onions and Mango S-Guacamole & WG Chips</p> <p>Substitute Thin Bread for Toddlers</p>	<p>25</p> <p>B-Cinnamon Bread & Applesauce L-Apple Banana Pancakes <i>*contains eggs</i>/Sausage Fresh Fruit S-Strawberry Jam Bread & Raisins</p>	<p>26</p> <p>B-Bagels & Cream Cheese/Melon L-Turkey Pesto Pasta Cherry Tomatoes & Fresh Fruit S-Sun Butter/WG Tortilla & Cinnamon w/Banana</p>	<p>27</p> <p>B-Nature's Bakery Fig Bar & Raisins L-Pepperoni Pizza/Corn Fresh Fruit S-Healthy Oatmeal Bar</p>
<p>30</p> <p>B-WG Cereal & Banana L-Lasagna/Green Beans Fresh Fruit S-Banana Muffin & Raisins</p>	<p>31</p> <p>B-Greek Yogurt Organic Mixed Berries w/ Granola L-Veggie Quesadillas Cilantro Lime Rice Fresh Fruit S-Hummus & Naan Bread</p> <p>Substitute Cheerios for Toddlers</p>			

