



January



W5		1	2	3	4
Breakfast		Center Closed For	Egg patty, tater tots, bananas & milk	Cheese toast, veggie sausage patty, peaches & milk (dairy free cheese toast)	Biscuit, turkey sausage patty, bananas & milk
AM Snack			Cinnamon raisin bread & cream cheese	Fig Bar	Kix cereal & milk
Lunch			Chicken nuggets, diced carrots, pears, bread & milk (Chicken less nuggets)	Grilled chicken breast fajita strips, refried beans, mandarin orange, flour tortilla & milk (Chicken less strips & white corn tortilla)	Veggie lasagna, salad, mixed fruit, garlic bread & milk (Vegetable dairy free lasagna)
PM Snack		New Years	Fresh Veggie Medley w/dressing & club crackers (under 3yrs banana slices)	Yogurt & Berries	Double Chocolate Chip muffin squares & milk
W6	7	8	9	10	11
Breakfast	French toast sticks, turkey bacon, fresh blueberries & milk	Egg & turkey sausage burritos, bananas & milk	Biscuit, egg, veggie sausage, pineapple & milk	Waffles, turkey sausage patty, applesauce & milk	Biscuit, turkey bacon, gravy, bananas & milk
AM Snack	Seasonal Fruit	Yogurt & granola	Kix cereal & milk	Cereal mix & raisins	Apple Cinnamon Totally Bar
Lunch	Turkey & cheese tortilla rollup, peas, mixed fruit & milk (Tofurkey & vegan cheese roll up) (Turkey & vegan cheese tortilla rollup)	Sweet & sour chicken over white rice, Veggie Egg Roll, mandarin orange, & milk (Mandarin orange chick'n meatless over white rice)	Penne Chicken Alfredo, mixed veggies, pears, bread & milk (Beefless meat & pasta marinara) (Chicken & pasta marinara)	Lasagna, green beans, peaches, garlic bread & milk (Dairy free vegetable lasagna) (Vegetable Lasagna)	Chopped beef sliders, baked beans, corn, mixed fruit & milk (Beefless meat slider) (BBQ chicken sandwich)
PM Snack	Baby carrots & ranch dressing	Apple slices (under 3yrs applesauce cups)	Pita Chips & Hummus	Ritz & cheese sticks	Sugar Cookies & Milk
W7	14	15	16	17	18
Breakfast	Cheese omelet, turkey bacon, fresh blueberries & milk	Turkey sausage, tator tots, peaches & milk	Pancakes, turkey bacon, bananas & milk	Biscuit, veggie sausage patty, mixed fruit & milk	Tater tot casserole, pineapple & milk
AM Snack	Fig Bar	Apple slices (under 3yrs applesauce cups)	Cheerios & raisins	Corn Chex & milk	Blueberry muffins
Lunch	Chicken patty sandwich, peas, tropical fruit & milk (Chicken less chicken sliders)	Pot Roast, mashed potatoes, green beans, pineapple, bread & milk (Meatless meatballs over white rice) (Chicken strips)	Diced chicken, risotto, carrots, mixed fruit & milk (Chicken less chunks over white rice) (Diced chicken over white rice)	Swedish meatballs with rice, mixed veggies, pears, bread & milk (Meatless meatballs over rice) (Diced chicken over rice)	Diced Chicken, scalloped potatoes, peas, pineapple bread & milk (Chicken less over white rice) (Diced chicken over white rice)
PM Snack	Fresh Fruit	Pretzel crisps	Fresh Veggie Medley w/dressing & club crackers (under 3yrs banana slices)	Spinach dip & pita chips	Carnival Cookies & Milk
W8	21	22	23	24	25
Breakfast	Biscuit, turkey bacon, fresh blueberries & milk	Blueberry muffin squares, turkey sausage, bananas & milk	Cheese toast, veggie sausage patty, pineapple & milk (dairy free cheese toast)	Eggs, turkey sausage, cheese breakfast burrito, bananas & milk	French toast cinnamon swirl, veggie sausage, pears & milk
AM Snack	Apple Cinnamon Totally Bar	Chex cereal mix & raisins	Yogurt & granola	Applesauce cups	Cheerios & milk
Lunch	Chicken nuggets, diced carrots, pears, bread & milk (Chicken less nuggets)	Veggie Egg Roll, veggie fried rice, peaches, bread & milk (White bean & kale veggie roll up)	Steak fingers, peas & carrots, mashed potatoes, mandarin oranges, bread & milk (Crispy chicken less tenders with white rice) (Chicken nuggets)	Chicken taquitos, mixed veggies, peaches, bread & milk (Dairy free bean & vegetable burrito)	Cheese pizza, salad, peas & carrots, mixed fruit & milk (Dairy free cheese pizza)
PM Snack	Baby carrots & ranch dressing (under 3yrs Goldfish)	Apple slices (under 3yrs applesauce cups)	Ritz & cheese sticks	KRK Trail Mix	Cookie Assortment & milk
W1	28	29	30	31	
Breakfast	French toast sticks, turkey bacon, fresh blueberries & milk	Eggs, mini bagel, pears & milk	Biscuit, veggie sausage, gravy, bananas & milk	Tater tot casserole, mandarin orange & milk	
AM Snack	Applesauce cups	Cinnamon raisin bread & cream cheese	Kix cereal & milk	Fig Bar	
Lunch	Cheese quesadilla, refried beans, salad, tropical mixed fruit & milk (Dairy free cheese quesadilla)	Bean burrito casserole, Spanish rice, corn, pears & milk (Dairy free black bean & vegetable burrito)	BBQ chicken sliders, smiley face potatoes, baked beans, peaches & milk (BBQ beefless meat slider)	Beef stew over rice, peas, pineapple, corn muffin & milk (Beef free crumbles over rice) (Chicken over rice)	
PM Snack	Fresh Veggie Medley w/dressing & club crackers (under 3yrs banana slices)	Fresh Fruit	Popcorn (under 3 apple cinnamon snack bar)	Ritz & cheese sticks	

CHICKEN ALTERNATIVE IN RED VEGAN/VEGETARIAN ALTERNATIVE IN GREEN NON DAIRY ALTERNATIVE IN PURPLE VEGAN & NON DAIRY ALTERNATIVE IN BLUE

WE ONLY SERVE TURKEY OR VEGGIE SAUSAGE & TURKEY BACON NO PORK PRODUCTS BAKED BEANS & REFRIED BEANS ARE VEGAN

OATMEAL, YOGURT OR CEREAL AVAILABLE AS BREAKFAST ALTERNATIVE JUST ASK FOR IT

JUICE AND WATER SERVED WITH AM & PM SNACK EXCEPT FRIDAY PM SNACK THAT IS MILK AND WATER

ALL JUICE IS JUICE 100% CONCENTRATED JUICE CONTAINS NO ADDED SUGARS, FRUCTOSE OR CORN SYRUP