



January 2017 Grow & Learn Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Waffles(homemade) 1/3 Mixed Fruit Milk	Asst. Cereal(WG) 1/4 Bananas Milk	Biscuit and Jelly 1/5 Apple Slices Milk	Asst Cereal 1/6 Bananas Milk
Lunch		Chicken Nuggets(WG) Green Beans Apple Sauce Milk	Spaghetti w/ Meat Sauce Mixed Vegetables Sliced Apples Milk	Hot Dogs/WG Roll French Fries Orange Slices Milk	Grill Cheese(WG) Tomatoe Soup Mix Fruit Milk
Snack		Pretzels Juice	Animal Crackers Milk	GoGurt Vanilla Wafer Water	Banana Muffins(Homemade) Milk
Breakfast	Oatmeal 1/9 Applesauce Milk	Asst. Cereal(WG) 1/10 Peaches Milk	Cinnamon Toast(WG) 1/11 Bananas Milk	Asst. Cereal(WG) 1/12 Pears Milk	Bagel And Cream Cheese(WG) 1/13 Applesauce Milk
Lunch	Soy Butter and Jelly (WG)Bread Green Beans Mandarin Oranges Milk	Meatballs Buttered Noodles Carrots Pineapple Milk	Chicken and Cheese Wrap Green Beans Pears Milk	Cheese Burger/Bun Tatter Tots Apple Slices Milk	Extra Cheese Pizza/Crust Mix Vegetables Mix Fruit Milk
Snack	Gold Fish Juice	Cheese Cubes and Crackers Water	Graham Cracker Dippers Apple Sauce Water	Granola Bar Milk	Vanilla Wafer Milk
Breakfast	Asst. Cereal(WG) 1/16 Mandarin oOranges Milk	Pancakes(Homemade) 1/17 Pears Milk	Assort. Cereal(WG) 1/18 Peaches Milk	French Toast(WG) 1/19 Apple Slices Milk	Assort Cereal(WG) 1/20 Banana Milk
Lunch	Mac and Cheese Green Beans Pineapple Milk	Lemon Chicken Rice Corn Milk	Fish Sticks Carrots Sticks Apple Sauce Milk	Grilled Cheese French Fries Peas Orange Slices Milk	Chicken Corden Bleu Mixed Vegetable Mixed Fruit Milk
Snack	Black Bean Dip WG Chips Juice	Pretzels Cheese Stick Water	Chex Mix Juice	Vanilla Pudding Granola/Banana Slices Water	Apple Slices Cheese Cubes Water
Breakfast	Bagel/Butter(WG) 1/23 Pineapple Milk	Asst. Cereal(WG) 2/24 Manadarin Oranges Milk	Biscuit and Jelly(WG) 1/25 Apple Slices Milk	Asst. Cereal(WG) 1/26 Banana Milk	Waffles 1/27 Orange Slices Milk
Lunch	Baked Ziti w/ Cheese Pasta Green Beans Pineapple Milk	Chicken Alfredo(Homemade) Peas Applesauce Milk	Hot Dogs French Fries Corn Orange Slices Milk	Hamburger Mac and Cheese Broccoli Apple Slices Milk	Extra Cheese Pizza/Crust Mix Vegetable Mix Fruit Milk
Snack	Graham Crackers Milk	Cheese Its Crackers Juice	Saltine Crackers Cheese Stick Water	Pretzels Grapes Water	Ch. Chip Cookies (Homemade) Milk
Breakfast	Asst. Cereal(WG) 1/30 Pineapple Milk	Cinnamon Toast(WG) 1/31 Mandarin Oranges Milk	Asst. Cereal(WG) 2/1 Peaches Milk	Sausage McMuffin 2/2 Pears Milk	Asst. Cereal(WG) 2/3 Bananas Milk
Lunch	Chicken Nuggets Breeding Carrots Applesauce Milk	Ravioli/Sp. Sauce Meatballs Broccoli Pineapple Milk	Chicken Tacos Corn Chips(WG) Apple Slices Milk	Hots Dogs/Bun Hash Browns Orange Slices Milk	Homemade Pepperoni Pizza Mix Vegetables Mix Fruit Milk
Snack	Pretzels Juice	Granola Bar Milk	Nutrigrain Bar Juice	Animal Crackers Bananas Water	Apple Slices And Soy Butter Water

*PLEASE NOTE: FOODS IN RED ARE SUBSTITUTES FOR TODDLERS
(HM) Home Made

1 YEAR OLDS ARE SERVED WHOLE MILK, CHILDREN OLDER THEN 1 RECEIVE 1%

(WG) Whole Grain