

# January-2019

**Breakfast:**            1-2        3-5        6-12  
Milk                        1/2 c        3/4 c        1 c  
Fruit, Veg or both    1/4 c        1/2 c        1/2 c  
Grains/Breads        1/2 oz eq 1/2 oz eq 1 oz eq  
Dry Cereal                1 oz  
Meat/Meat Alt.        1/2 oz        1/2 oz        1 oz  
\*Select 2 of the 5 components

**Lunch:**                1-2        3-5        6-12  
Milk                        1/2 c        3/4 c        1 c  
Grains/Breads        1/2 oz eq 1/2 oz eq 1 oz eq  
Pasta/Noodles            1/4 c  
Fruit                        1/8 c        1/4 c        1/4 c  
Vegetables              1/8 c        1/8 c        1/2 c  
Meat/Meat Alt.        1 oz.        1.5 oz.        2 oz.

**PM Snack:**            1-2        3-5        6-12  
Milk                        1/2 c        1/2 c        1 c  
Fruit                        1/2 c        1/2 c        1/2 c  
Vegetable                1/2 c        1/2 c        3/4 c  
Grains/Breads        1/2 oz eq 1/2 oz eq 1 oz eq  
Meat/Meat Alt.        1/2 oz        1/2 oz        1 oz  
\*Select 2 of the 5 components

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
BR -	BR -	BR - WG Waffles/Strawberries/Milk	BR - Muffins/Bananas/Milk	BR - Blueberry/Chocolate Chex Cereal/Milk
LN - NO SCHOOL	LN - NO SCHOOL	LN - WW PB&J Wraps/Celery/Mandarin Oranges/Milk	LN - Beef Nachos with Cheese/Salad/Pineapple/Milk	LN - Grilled Cheese on WW/Tomato Soup/Peaches/Cucumbers/Milk
SN -	SN -	SN - Cheez Its/Milk	SN - Wheat Thins/String Cheese/Milk	SN - Buttery Round Crackers/Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
BR - Fruity Cheerios/Blueberries/Milk	BR - WW Bagels with Cream Cheese/Milk	BR - Life Cereal/Oranges/Milk	BR - Toast with Jelly/Apples/Milk	BR - Pancakes/Strawberries/Milk
LN - Turkey and Cheese on WW/Pears/Carrots/Milk	LN - Beef Hot Dog on WW bun/Sweet Potato Fries/Pears/Celery/Milk	LN - Ham and Cheese Pinwheels/Peaches/Green Peppers/Milk	LN - Chicken/Cheese Quesadillas/Cucumbers/Oranges/Milk	LN - PB&Banana Roll Ups/Grapes/Carrots/Milk
SN - Pretzels/Pickles/Milk	SN - Graham Crackers/Milk	SN - Goldfish/Milk	SN - Animal Crackers/Milk	SN - Cheez-Its/Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
BR - Muffins/Apples/Milk	BR - Blueberry/Chocolate Chex Cereal/Milk	BR - French Toast Sticks/Strawberries/Milk	BR - Berry Cheerios/Oranges/Milk	BR - Pancakes/Apples/Milk
LN - WG Waffles/Turkey Bacon/Oranges/Green Pepper/Milk	LN - Tacos/Salad/Pineapple/Milk	LN - Chicken Patties on WW/Sweet Potato Fries/Cucumber/Pears/Milk	LN - Roast Beef and Cheese Pinwheels/Celery/Applesauce/Milk	LN - Mini Meatballs on WG/ Peaches/Green Beans/ Milk
SN - Graham Crackers/Milk	SN - String Cheese/Grapes	SN - PB Crackers/Milk	SN - Pretzels/Milk	SN - Chips/Salsa/Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
BR - Cheerios/Oranges/Milk	BR - Blueberry Muffins/Milk	BR - Blueberry/Chocolate Chex Cereal/Apples/Milk	BR - WG Waffles/Oranges/Milk	BR - Bagels with Cream Cheese/Strawberries/Milk
LN - PB&J on WW/Carrots/Peaches/Milk	LN - Pancakes/Green Peppers/Bananas/Milk	LN - Ham and Cheese on WW/ Celery/Pears/Milk	LN - Chicken Strips/Corn/Applesauce/Milk	LN - Hamburgers on WW bun/Sweet Potato Fries/Pickles/Pineapple/Milk
SN - Animal Crackers/ Milk	SN - Pretzels/Milk	SN - Goldfish/Milk	SN - Graham Crackers/Milk	SN - Cheez-Its/Milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
BR - Muffins/Oranges/Milk	BR - Toast with Butter/Grapes/Milk	BR - Life Cereal/Blueberries/Milk	BR - French Toast Sticks/Apples/Milk	BR - Cheerios/Strawberries/Milk
LN - Chicken Quesadillas/Salad/Pineapple	LN - Roast Beef and Cheese Pinwheels/Cucumbers/Peaches/Milk	LN - Grilled Cheese on WW/Tomato Soup/Celery/Pears/Milk	LN - Ham and Cheese on WW/Carrots/Grapes/Milk	LN - Beef Hot Dog on WW/Sweet Potato Fries/Oranges/Milk
SN - Pretzels/Milk	SN - Tortilla Chips/Salsa	SN - Animal Crackers/Milk	SN - String Cheese/Crackers/Milk	SN - PB Crackers/Milk

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months  
Skim Milk = Children over 24 months  
WG = Whole Grain / WW = Whole Wheat