


January

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Breakfast Oatmeal, Pears & Milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, carrots & Milk</p> <p>Snack WG Wheat Thins & Honey Dew</p>	<p>4</p> <p>Breakfast WG Toast with Jelly, Banana & Milk</p> <p>Lunch BBQ Chicken Leg with WG Slice of Bread, Cauliflower, Watermelon & Milk</p> <p>Snack String Cheese & Apples</p>	<p>5</p> <p>Breakfast WG Bagel, Honey Dew & Milk</p> <p>Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk</p> <p>Snack Gram Crackers & Pears</p>	<p>6</p> <p>Breakfast WG Cereal, Strawberries & Milk</p> <p>Lunch Beans with Brown Rice, Peas, Pears & Milk</p> <p>Snack Pita Chips & Cantaloupe</p>	<p>7</p> <p>Breakfast Seasonal Muffins, Golden Melon & Milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & Milk</p> <p>Snack Gogo Squeeze Yogurt & Banana</p>
<p>10</p> <p>Breakfast Butter Croissant, Orange & Milk</p> <p>Lunch WG Turkey Ham Sandwich, lettuce, cucumber & Milk</p> <p>Snack Animal Crackers & Golden Melon</p>	<p>11</p> <p>Breakfast WG Pancakes, Grapes & Milk</p> <p>Lunch Tuna Salad, Corn, Ritz Crackers, Honey Dew & Milk</p> <p>Snack Goldfish crackers & Cuties</p>	<p>12</p> <p>Breakfast Seasonal Muffin, Watermelon & Milk</p> <p>Lunch WG Chicken Nuggets, Broccoli, Banana & Milk</p> <p>Snack Ritz crackers & Orange</p>	<p>13</p> <p>Breakfast Waffles, Cuties & Milk</p> <p>Lunch Lentils with Brown Rice, Tomato, Cantaloupe & Milk</p> <p>Snack Trail Mix without Nuts & Apple Sauce</p>	<p>14</p> <p>Breakfast WG Cereal, Bananas & Milk</p> <p>Lunch Mac & Cheese, Broccoli Apples, & Milk</p> <p>Snack Cheeze-It & Watermelon</p>
<p>17</p> <p>Matin Luther King Day Center CLOSED</p> 	<p>18</p> <p>Breakfast WG Toast with jelly, Pears & Milk</p> <p>Lunch BBQ Chicken Leg with WG slice of Bread, Cauliflower, Golden Melon & Milk</p> <p>Snack String Cheese & Apples</p>	<p>19</p> <p>Breakfast WG Bagel, Apples & Milk</p> <p>Lunch Turkey Stew with WG Rice, Mixed Vegetables, Cuties & Milk</p> <p>Snack Gram Crackers & Pears</p>	<p>20</p> <p>Breakfast WG Cereal, Banana & Milk</p> <p>Lunch Beans with Brown Rice, Peas, Watermelon & Milk</p> <p>Snack Pita Chips & Cantaloupe</p>	<p>21</p> <p>Breakfast Seasonal Muffin, Honey Dew & Milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Orange & Milk</p> <p>Snack Gogo Squeeze Yogurt & Banana</p>
<p>24</p> <p>Breakfast Butter Croissant, Strawberries & Milk</p> <p>Lunch WG Turkey Ham Sandwich, lettuce, cucumber & Milk</p> <p>Snack Animal Crackers & Golden Melon</p>	<p>25</p> <p>Breakfast WG Pancakes, Golden Melon & Milk</p> <p>Lunch Tuna Salad, Corn, Ritz Crackers, Grapes & Milk</p> <p>Snack Goldfish crackers & Cuties</p>	<p>26</p> <p>Breakfast Seasonal Muffin, Watermelon & Milk</p> <p>Lunch WG Chicken Nuggets, Broccoli, Banana & Milk</p> <p>Snack Ritz crackers & Orange</p>	<p>27</p> <p>Breakfast Waffles, Grapes & Milk</p> <p>Lunch Lentils with Brown Rice, Tomato, Honey Dew & Milk</p> <p>Snack Trail Mix without Nuts & Apple Sauce</p>	<p>28</p> <p>Breakfast WG Cereal, Watermelon & Milk</p> <p>Lunch Mac & Cheese, Broccoli, Banana & Milk</p> <p>Snack Cheeze-It & Watermelon</p>
<p>31</p> <p>Breakfast Oatmeal, Pears & Milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, carrots & Milk</p> <p>Snack Wheat Thins & Honey Dew</p>				

Infants 6 Weeks to 5 Months 4-6 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch & Snack

Infants 6-11 Months 6-8 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch (Food will be served in form of pureed, mashed, ground, or finely chopped) Snack 2-4 oz breast milk/Iron-Fortified Formula

Infants 12-24 months: Whole Milk Preschoolers: 2+ years 1% milk

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