

1-Jan MONDAY	2-Jan TUESDAY	3-Jan WEDNESDAY	4-Jan THURSDAY	5-Jan FRIDAY
	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk
	1/2 c. WG Life Cereal	1/2 c. Corn Flakes Cereal	1.2 oz. Cinnamon Bread/Marg	1/3 c. Crispy Rice Cereal
	1/2 c. Pineapple Tidbits in Juice	1/2 Banana	1/2 c. Mandarin Orange Segments	1/2 c. Diced Peaches in Juice
HAPPY NEW YEAR	4 Meatballs and Sauce	3 WG Chicken Strips	2.6 oz. Beef Patty	4 oz. Turkey Cheese on WG Wheat
	1 Hot Dog Bun	1/3 c. Creamed Spinach	1 sl. American Cheese	1/2 c. Minestrone Soup
	1/3 c. Broccoli		1/3 c. Green Beans	
	1/3 c. Applesauce	1/3 c. Sliced Peaches	1/3 c. Pineapple Chunks	1/3 c. Diced Pears in Juice
	Shredded Mozzarella	1 oz. Cornbread	1 WG Bun	
	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole 1% Milk
	1/2 c. Diced Pears in Juice	1/4 c. Yogurt	1 oz. Cheddar Cheese	1/2 Fresh Banana
	1 oz. WG Goldfish Crackers	1 oz. Enriched Pretzel Sticks	1 oz. WG Wheat Roll	1 oz. Graham Crackers

8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk
1/2 c. Special K Cereal	2 oz. WG Banana Muffin	1/2 c. WG Corn Chex Cereal	1.5 oz. WG Bagel/Cream Cheese	1/8 c. Granola
1/2 c. Tropical Fruit	1/2 c. Diced Pears in Water	1/2 Fresh Banana	1/2 c. Pineapple Tidbits	1/2 c. Diced Peaches
3 oz. WG Breaded Chicken Patty	2 oz. Beef Patty and Gravy	1 oz. Glazed Turkey Ham	3 oz. Chicken Paprikash	6 oz. Meat Lasagna Bake
1/3 c. Glazed Carrots	1/3 c. Au Gratin Potatoes	3/4 c. Cabbage and WG Noodles	1/3 c. WG Rotini Noodles	(Ground Beef, Noodles, Ricotta, Sauce)
			1/3 c. Peas	1/3 c. Garlic Broccoli
1/3 c. Applesauce	1/3 c. Pineapple Chunks	1/3 c. Diced Peaches in Light Syrup	1/3 c. Diced Pears in Juice	1/2 Fresh Banana
1.4 oz. WG Biscuit/Margarine	1 WG Wheat Roll			
6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk
1 oz. String Cheese	1/2 c. Sliced Peaches in Juice	1/4 c. Vanilla Yogurt	1 oz. Sliced Turkey Breast	1 oz. WG Rice Cakes
.75 oz. Enriched Chex Snack Mix	.75 oz. Saltine Crackers	1/2 c. Strawberries	1 oz. Pita Bread Triangles	1/2 c. Cinnamon Applesauce

15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk
1/2 c. WG Toasted O's Cereal	1 oz. WG Cornbread/Margarine	2.25 oz. WG Blueberry Muffin	1/3 c. WG Life Cereal	1 oz. WG Biscuit and Jelly
1/2 c. Pineapple Tidbits	1/2 c. Mandarin Orange Segments	1/2 c. Sliced Peaches in Juice	1/2 c. Tropical Fruit Chunks	1/2 c. Applesauce
3 oz. BBQ Chicken Patty	1/2 c. Chicken Pot Pie	3 oz. Beef Taco Meat	1 sl. French Toast	5 oz. Turkey Ham and Cheese Sand.
1/3 c. Broccoli	(Diced Chicken, Gravy, Peas)	1/3 c. Corn	2 oz. Turkey Sausage Links	1/2 c. Tossed Salad
	1.5 oz. Biscuit	1/3 c. Lettuce/Salsa/Cheese	1/3 c. Roasted Potatoes	(Romaine, Tomatoes, Ranch)
1/3 c. Sliced Pears in Juice	1/3 c. Carrots	1/3 c. Applesauce	1/3 c. Mandarin Orange Segments	1/3 c. Diced Peaches in Juice
	1/3 c. Pineapple Tidbits in Juice	1 Flour Tortilla	Maple Syrup	
6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk
.75 oz. Enriched Pretzels	1/2 c. Apple Compote	1/4 c. Wheat Thins Crackers	1/2 Fresh Banana	1/2 c. Pineapple Chunks
1/3 c. Vanilla Yogurt	1 oz. WG Raisin Bread/Margarine	1 oz. Cheddar Cheese	.75 oz. WG Animal Crackers	2 oz. WG Banana Muffin

This institution is an equal opportunity provider

TODDLER PORTIONS

MEAT 1 oz.
VEGETABLE/FRUIT 1/4 c.
GRAIN 1/4 c.
MILK 1/2 c.

SCHOOL AGE PORTIONS

MEAT 2 oz.
VEGETABLE/FRUIT 3/4 c.
GRAIN 1/2 c.
MILK 1 c.

22-Jan		23-Jan		24-Jan		25-Jan		26-Jan	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1/2 c.	Special K Cereal	1.4 oz.	WG Bagel/Lite Cream Cheese	1/2 c.	WG Toasted O's Cereal	1.5 oz.	WG Raisin Bread	1/2 c.	WG Rice Chex Cereal
1/2 c.	Tropical Fruit Chunks	1/2 c.	Diced Pears in Juice	1/2	Fresh Banana	1/2 c.	Pineapple Tidbits	1/2 c.	Strawberry Applesauce
3 oz.	WG Breaded Chicken Nuggets	2 oz.	Sloppy Joe	6 oz.	Chicken Burrito	4	BBQ Meatballs	4 oz.	WG Three Cheese Calzone
3/4 c.	Bowties and Broccoli	1/3 c.	Roasted Potatoes	(Diced Chicken, Brown Rice, Cheese)		1/3 c.	Baked Beans	1/3 c.	Carrots
				1	6" Flour Tortilla	1/4 c.	Carrots		
1/3 c.	Apple Wedges	1/3 c.	Diced Peaches in Light Syrup	1/3 c.	Green Beans	1/3 c.	Diced Pears in Juice	1/2	Fresh Banana
		1	WG Wheat Bun	1/3 c.	Mandarin Orange Segments				
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1 oz.	Enriched Chex Snack Mix	1 oz.	Cheddar Cheese	1/2 c.	Ranch Pasta Salad	1/2 c.	Baby Carrots/Ranch	1 oz.	String Cheese
1/2 c.	Mandarin Orange Segments	1/2 c.	Pineapple in Juice	1 oz.	Sliced Turkey	1 oz.	Pita Bread Triangles	1 oz.	Cheez-its Crackers

29-Jan		30-Jan		31-Jan	
6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1.7 oz.	WG Banana Bread	1/2 c.	WG Life Cereal	1/2 c.	Corn Flakes Cereal
1/2 c.	Mandarin Orange Segments	1/2 c.	Pineapple Tidbits in Juice	1/2	Banana
3.5 oz.	Meatloaf and Gravy	4	Meatballs and Sauce	3	Chicken Strips
1/3 c.	Mashed Potatoes	1	Hot Dog Bun	1/3 c.	Creamed Spinach
		1/3 c.	Broccoli		
1/3 c.	Diced Peaches in Juice	1/3 c.	Pineapple Chunks	1/3 c.	Applesauce
1 sl.	WG Wheat Bread		Shredded Mozzarella	1 oz.	WG Cornbread
		6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
1 oz.	String Cheese	1/2 c.	Diced Pears in Juice	1/4 c.	Yogurt
1 oz.	WG Crackers	1 oz.	WG Goldfish Crackers	1 oz.	WG Cornbread

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TODDLER PORTIONS

MEAT 1 oz.
 VEGETABLE/FRUIT 1/4 c.
 GRAIN 1/4 c.
 MILK 1/2 c.

SCHOOL AGE PORTIONS

MEAT 2 oz.
 VEGETABLE/FRUIT 3/4 c.
 GRAIN 1/2 c.
 MILK 1 c.