

DEC/JANUARY MENU

PRESCHOOL

MONDAY 12/29	TUESDAY 12/30	WEDNESDAY 12/31	THURSDAY 1/1	FRIDAY 1/2
<u>Pajama & Pancakes Day</u> <u>BREAKFAST</u> ½ oz. PANCAKES ½ C. CINNAMON PEACHES 6 oz. MILK <u>LUNCH</u> 1 ½ oz. CHICKEN NUGGETS ½ C. SWEET POTATO FRIES ½ oz. HAWAIIAN ROLL ¼ C. FRUIT COCKTAIL 6 Oz. MILK <u>SNACK</u> ½ oz. RITZ CRACKER ½ oz. AMERICAN CHEESE	<u>BREAKFAST</u> ½ oz. CHEERIOS ½ C. MANDARIN ORANGES 6 oz. MILK <u>LUNCH</u> TAQUITOS 1/ oz. TAQUITOS ½ C. REF. BEANS ½ oz. TORTILLAS(WRAP) ¼ C. MANGO CHUNKS 6 oz. MILK <u>SNACK</u> ½ oz. PRETZELS ½ C. 100% JUICE	CFC CLOSING @ 3:00 <u>BREAKFAST</u> GREEN APPLE QUESADILLAS ½ oz. FLOUR TORTILLA, ½ C. GREEN APPLES, CREAM CHEESE, CINNAMON SUGAR 6 oz. MILK <u>LUNCH</u> BEEF GOULASH 1 oz. BEEF & ½ oz. CHEESE ½ oz. PASTA ½ C. SALAD ¼ C. ORANGES 6 oz. MILK	CFC CLOSED 	<u>BREAKFAST</u> ½ oz. W.G. OATMEAL ½ C. RAISINS & APPLES 6 oz. MILK <u>LUNCH</u> Macaroni & Cheese W/Ham ½ oz. PASTA 1 oz. CHEESE & ½ oz. HAM ½ C. PEAS ¼ C. PEARS 6 oz. MILK <u>SNACK</u> ½ oz. W.G. CHERRIOS MIX 6 oz. MILK
MONDAY 1/5	TUESDAY 1/6	WEDNESDAY 1/7	THURSDAY 1/8	FRIDAY 1/9
<u>BREAKFAST</u> ½ oz. W.G. BELVITA ½ C. APPLESAUCE 6 oz. MILK <u>LUNCH</u> Ham Sandwich 1 oz. HAM 1 oz. W.G. BREAD ½ oz. CHEESE ¼ C. LETTUCE/1/4 C. TOMATO ¼ C. PEARS 6 oz. MILK <u>SNACK</u> 1/2 oz. WHEAT THINS ½ C. GRAPES	<u>BREAKFAST</u> ½ oz. W.G. TOAST ½ C. GUAC & CHERRY TOMATOES 6 oz. MILK <u>LUNCH</u> Chicken Taco Salad ½ oz. CHICKEN & ½ oz. BEANS ½ oz. CHEESE ½ C. LETTUCE/SALSA ½ oz. TORTILLA CHIPS ¼ C. KIWI 6 oz. MILK <u>SNACK</u> ½ oz. CLUB CRACKERS 6 oz. MILK	GUSD BEGINS <u>BREAKFAST</u> ½ oz.. CORNFLAKES ½ C. BANANAS 6oz. MILK <u>LUNCH</u> POLISH POTATO SOUP 1 ½ oz. KIELBASA ½ C. POTATOES, CARROTS, & ONION ½ oz. W.G. ROLL ¼ C. RED APPLES 6 oz. MILK <u>SNACK</u> ½ oz. VANILLA WAFERS ½ C. MANGO	<u>BREAKFAST</u> ½ oz. W.G. OATMEAL ½ C. RAISINS & PEACHES 6 oz. MILK <u>LUNCH</u> Baked Tilapia 1 ½ oz. TILAPIA ½ C. COOKED CARROTS ½ oz. PASTA ¼ C. TANGERINES 6 oz. MILK <u>SNACK</u> ½ oz. OYSTER CRACKERS ½ oz. CHEESE CUBES	<u>BREAKFAST</u> ½ oz. WAFFLES ½ C. STRAWBERRIES 6 oz. MILK <u>LUNCH</u> SPAGHETTI ½ oz. PASTA 1 ½ oz. GROUND BEEF ½ C. CORN ON THE COB ¼ C. TANGERINE 6 oz. MILK <u>SNACK</u> 2oz. YOGURT ½ oz. GRAHAM CRACKERS

W.G.= WHOLE GRAIN

Children under 2-Whole Milk Children 2 and older 1% Milk Unflavored Milk

NOTE Fruit selections are subject to change due to availability

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