

January 2025 Menu



***All meals served with condiments- chicken (BBQ sauce, Teriyaki sauce, Ketchup) French toast/Pancakes (syrup), Biscuits (jelly)**

		Ages 3-5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Bananas	Oranges	Apples	Bananas	Oranges
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuit w jelly	Cereal
Lunch	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Vegetable	¼ cup	Corn	Baby carrots	Broccoli	Corn	Broccoli
	Fruit	¼ cup	Oranges	Apples	Oranges	Apples	Oranges
	Grain	½ oz eq	Brown rice	W.G bread	W.G bread	Tortilla	W.G bread
	Meat/ Meat Alternative	1 ½ oz	Ground Turkey bowl	Ground Turkey spaghetti	BBQ chicken	Potato and cheese tacos	Chicken tacos
Snack	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit Juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
	Vegetable	½ cup					
	Grain	½ oz eq	Ritz crackers	Graham crackers		Goldfish	Vanilla wafers
	Meat / Meat Alternate	½ oz			Mozzarella Sticks		

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		Ages 3-5	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Bananas	Apples	Oranges	Bananas	Applesauce
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuit with jelly	Cereal
Lunch	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Vegetable	¼ cup	Corn	Broccoli	Carrots	Corn	Carrots
	Fruit	¼ cup	Apples	Oranges	Apples	Oranges	Apples
	Grain	½ oz eq	W.G bread	Tortilla	W.G bread	W.G bread	Tortillas
	Meat/ Meat Alternative	1 ½ oz	Grilled chicken	Ground Turkey tacos	Ground turkey spaghetti	BBQ chicken	Chicken tacos
Snack	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
	Vegetable	½ cup					
	Grain	½ oz eq	Ritz crackers		Graham crackers	Saltine crackers	Vanilla Wafers
	Meat / Meat Alternate	½ oz		Mozzarella Sticks			

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		Ages 3-5	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Oreges	Bananas	Oranges	Bananas	Applesauce
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuit wit jelly	Cereal
Lunch	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Vegetable	¼ cup	Corn	Carrots	Broccoli	Carrots	Corn
	Fruit	¼ cup	Apples	Oranges	Apples	Oranges	Apples
	Grain	½ oz eq	W.G bread	W.G bread	Brown Rice	Brown Rice	W.G bread
	Meat/ Meat Alternative	1 ½ oz	Ground Turkey Meatballs	Grilled chicken	Ground turkey tacos	Ground Turkey spaghetti	BBQ chicken
Snack	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
	Vegetable	½ cup					
	Grain	½ oz eq	Saltine crackers	Ritz crackers	Graham crackers	Goldfish	
	Meat / Meat Alternate	½ oz					Mozzarella sticks

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		Ages 3-5	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Apples sauce	Bananas	Oranges	Bananas	Apple sauce
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuits & jelly	Cereal
Lunch	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Vegetable	¼ cup	Broccoli	Carrots	Corn	Broccoli	Carrots
	Fruit	¼ cup	Oranges	Apple sauce	Apples	Oranges	Apples
	Grain	½ oz eq	Tortillas	W.G bread	Tortillas	W.G bread	W.G bread
	Meat/ Meat Alternative	1 ½ oz	Chicken tacos	Ground turkey spaghetti	Ground beef tacos	Grilled Chicken	Ground turkey meatballs
Snack	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
	Vegetable	½ cup					
	Grain	½ oz eq		Graham crackers	Saltine crackers	Goldfish	Vanilla Wafers
	Meat / Meat Alternate	½ oz	Mozzarella sticks				

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		Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	¾ cup					
	Fruit / Vegetable	½ cup					
	Grain/Meat	½ oz eq					
Lunch	Milk	¾ cup					
	Vegetable	¼ cup					
	Fruit	¼ cup					
	Grain	½ oz eq					
	Meat/ Meat Alternative	1 ½ oz					
Snack	Milk	½ cup					
	Fruit	½ cup					
	Vegetable	½ cup					
	Grain	½ oz eq					
	Meat / Meat Alternate	½ oz					