

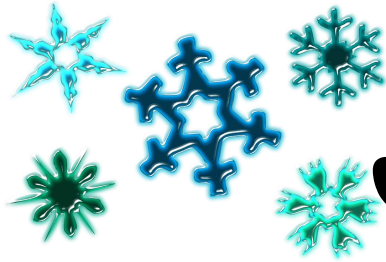
January Menu



Child and Family Centers of Excellence

Lunch 2021/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger w/Ketchup 3 WW Enriched Bun Pickle Slices– Broccoli Fruit Milk 1%	Chicken Taco 4 Shredded Lettuce, Diced Tomato, Shredded Cheese, Salsa, on MG Tortilla Shell Fruit Milk 1%	Warm Ham Slices 5 Sweet Potato Pieces w/Ketchup Enriched WG Bread Fruit Milk 1%	Chicken and Spanish Rice 6 Casserole Garden Salad w/Dressing Fruit Milk 1%	Chicken WG Pasta Salad 7 Or Hot Chicken Pasta Casserole Raw Vegetable w/Ranch Fresh Fruit Salad Milk 1%
Grilled Garlic Herb 10 Chicken Breast WW Dinner Roll Corn & Lima Beans Fruit Milk 1%	Italian Chicken 11 Over WG Penne Pasta Mozzarella Cheese Romaine Salad w/Ranch Fruit Milk 1%	12 Special Menu Day Milk 1%	Meatballs in Gravy 13 Mashed Potatoes/Pickle Spears WW Dinner Roll Fruit Milk 1%	Ham/Turkey & Cheese 14 Sandwiches Raw Vegetables Assorted Fruit Milk 1%
17 BBQ Pork Zucchini WG slammer Roll Fruit Milk 1%	18 Chicken Tenders w/Sauce WG Roll Green Beans Fresh Fruit Milk 1%	19 Sloppy Joes WG Slammer Bun Steamed Carrots Fruit Milk 1%	20 Chicken Thigh in Gravy Enriched Long Grain & Wild Rice w/Carrots Mandarin Orange-Spinach Salad Fruit Milk 1%	21 Fish Fillet w/Tartar Sauce Homemade Vegetable Pasta/Rice Soup Oyster Crackers Fruit Milk 1%
24 BBQ Chicken Breast Riviera Blend Vegetables WG Dinner Roll Fruit Milk 1%	25 Roast Beef in Gravy Over Enriched Brown Rice Or WG Pasta Beets Fruit Milk 1%	26 Sliced Turkey, Sliced Cheese, Lettuce, Tomato, Mayo Mini WG Soft Bun Fruit Milk 1%	27 Chicken Parmesan w/WG Penne Pasta In Marinara Sauce w/Parmesan Garden Salad/Dressings Fruit Milk 1%	28 Mini WG Turkey Corn Dogs w/Ketchup Corn Assorted Fruit Salad Milk 1%
31 Popcorn/Dowadittie Chicken w/Sauce HM Soup w/WG Pasta/Rice/Barley Vegetables Milk 1%	Feb 1 WG Cheese Lasagna Roll-Up w/Parmesan Cheese Garden Salad w/Dressing Fruit Milk 1%	Feb 2 Corn Tostitos Chips Nachos w/ Seasoned Beef, Shredded Lettuce, Tomato, Shredded Cheese, Salsa Fruit Milk 1%	Feb 3 Turkey in Gravy Mashed Sweet Potatoes WG Dinner Roll or Corn Muffin Fruit Milk 1%	Feb 4 Ham Potato Broccoli Cheese Casserole WG Dinner Roll Fresh Fruit Salad Assorted Milk 1%



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Breakfast/Snacks 2021/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Waffles w/Syrup Fruit Milk 1% Fruit String Cheese Water	WG Cereal Fruit Milk 1% WG Crackers w/Soy or Sun Butter Fruit & Water	Omelets WW Enriched Toast Fruit & Milk 1% WG Crackers Vegetables w/Ranch Water	Enriched Raisin Bread w/Spread Cottage Cheese Fruit & Milk 1% WG Assorted Muffins Fruit Milk 1%	WG French Toast Spread w/Cinnamon Sugar Fruit & Milk 1% WG Snack Mix Fruit Water
Swirl Cinnamon Bread w/Spread Fruit & Milk 1% MG Tortilla Sun Butter Banana & Milk 1%	MG English Muffin w/Jelly or Jam Fruit & Milk 1% Apple/Madarin Orange Salad W/Cinnamon WG Graham Crackers & Water	Scrambled Eggs WW Toast Fruit & Milk 1% Special Snack Day	WG Cereal Fruit Milk 1% String Cheese Pretzels Fruit & Water	Mini WG Pancakes Wrapped Turkey Sausage Fruit & Milk 1% BT2's Graham P-G-R-Y-B Rice Cakes Fruit & Milk 1%
WG Breakfast Bread Fruit Milk 1% Fruit Cottage Cheese Water	WG Cereal Fruit Milk 1% WG Muffin Fruit Water	WW Enriched Toast Egg Patty Fruit & Milk 1% Raw Vegetables w/Ranch WG Crackers Water	WW Mini Bagel Warm Canadian Bacon Fruit & Milk 1% WG Cereal Snack Mix Fruit Water	MG English Muffin w/Jelly or Jam Fruit & Milk 1% WG Crackers Fruit Water
WG Waffles w/Syrup Fruit Milk 1% Mini Bagels w/Cream Cheese Fruit Water	WG Cereal Fruit Milk 1% Fruit Soy/Sun Butter WG Crackers & Water	WG Bun Chicken Sausage Patty Fruit & Milk 1% Fruit WG Snack Mix Water	Scrambled Eggs w/Salsa MG Tortilla Fruit & Milk 1% WG Assorted Muffin Fruit Milk 1%	WG French Toast Cinnamon Sugar Fruit & Milk 1% WG Graham Crackers Fruit Milk 1%
WG Waffles w/Syrup Fruit Milk 1% Yogurt, Berries WG Cereal as Topping Water	WG Cereal Fruit Milk 1% Vegetables w/Dip Pretzels Water	WW Toast w/Spread Hard Boiled Eggs Fruit & Milk 1% String Cheese Fruit Milk 1%	WG Sliced Roll Chicken Sausage Patties Fruit & Milk 1% Apple, Pineapple, Craisin Salad WG Crackers & Water	WG Bagel w/Cream Cheese Fruit Milk 1% WG Rice Cakes B-T-2s Graham Fruit & Water

Late snack will be 2 components consisting of either fruit, whole grain, cheese, protein, etc. Choices will vary depending upon availability.