

# January Menu 2025

Monday

Tuesday

Wednesday

Thursday

Friday

WG = Whole Grain  
WW = Whole Wheat  
ENR = Enriched

This facility is an equal opportunity provider. All milk served to participants is unflavored. Participants 2 years and older are served either low-fat (1%) or fat-free milk and children 1 year old are served whole milk.



6	7	8	9	10
Breakfast: WG Waffles, Diced Pears, Milk	Breakfast: Scrambled Eggs, WW Toast, Mandarin Oranges, Milk	Breakfast: WG French Toast Sticks, Cinnamon Apples, Milk	Breakfast: WG Bagels w/Cream Cheese, Diced Peaches, Milk	Breakfast: WG Cheerios, Bananas, Milk
Lunch: Herb Roasted Chicken, Broccoli, Carrots, WW Roll, Milk	Lunch: Beef Chili w/ Cheese, Green Beans, Cauliflower, WG Cornbread, Milk	Lunch: Grilled Turkey & Cheese Sandwich on ENR Bread, Sweet Potato Fries, Green Salad, Milk	Lunch: WG Fish Nuggets w/ Tartar Sauce, Zucchini, Sweet Corn, Milk	Lunch: Sliced Ham, Scalloped Potatoes, Peas & Carrots, ENR Roll, Milk
Snack: Peanut Butter and Jelly Sandwiches	Snack: Vanilla Yogurt Granola and Sliced Banana's	Snack: Sliced Apples and Sliced Cheese.	Snack: Bagel Pizza on a WG Bagel with Sauce and Sliced Mozzarella Cheese	Snack: Nutella and Animal Crackers
13	14	15	16	17
Breakfast: WG Granola, Vanilla Yogurt, Tropical Fruit, Milk	Breakfast: WG English Muffins w/ Peanut Butter, Mixed Berries, Milk	Breakfast: Cheese Omelette, WW Toast, Applesauce, Milk	Breakfast: WG Pancakes, Diced Pears, Milk	Breakfast: WG Bean & Cheese Quesadillas, Mandarin Oranges, Milk
Lunch: WG Chicken Nuggets, Baked Beans, Mixed Vegetables, Milk	Lunch: Hawaiian Beef with Pineapple, ENR Coconut Rice, Zucchini, Beets, Milk	Lunch: Chicken Alfredo, WW Penne Pasta, Peas & Carrots, Garden Salad, Milk	Lunch: BBQ Riblets, Sweet Corn, Green Beans, WW Biscuits, Milk	Lunch: ENR Mini Pezza w/ Pepperoni & Sausage, Sweet Potato Tots, Green Salad, Milk
Snack: Peanut Butter and Graham Crackers	Snack: Sliced Apples with Nutella	Snack: Sliced Cheddar Cheese with Ritz Crackers	Snack: Corn Tortilla Chips with Refried Beans and Shredded Cheese	Snack: Apple Sauce with Animal Crackers
20	21	22	23	24
No School	Breakfast: WG Rice Chex, Bananas, Milk	Breakfast: WG Waffles, Mixed Berries, Milk	Breakfast: Eggs & Cheese ENR Biscuits, Mandarin Oranges, Milk	Breakfast: WG Granola, Vanilla Yogurt, Diced Peaches, Milk
No School	Lunch: Chicken Piccata, Broccoli, Mixed Vegetables, Dinner Roll, Milk	Lunch: Meatballs & Marinara, WW Penne Pasta, Cauliflower, Green Salad, Milk	Lunch: Beef Pot Roast w/ Vegetables, Mashed Potatoes, WW Roll, Milk	Lunch: WG Fish Nuggets w/ Tartar Sauce, Carrots, Sweet Corn, Milk
No School	Snack: Mozzarella Sticks with Gold Fish Crackers	Snack: Chicken Salad with Sliced Apples	Snack: Vanilla Yogurt with Granola and Mandarin oranges	Snack: Cheesy Quesadilla on a WG tortilla
27	28	29	30	31
Breakfast: Bagels w/ Cream Cheese, Diced Pears, Milk	WG French Toast Sticks, Berries, Milk	Breakfast: Scrambled Eggs, WW Toast, Applesauce, Milk	Breakfast: WG Cheerios, Bananas, Milk	Breakfast: WG Zucchini Bread, Cantaloupe, Milk
Lunch: Teriyaki Pork Ribs, WG Brown Rice, Squash Casserole, Broccoli, Milk	Lunch: Ham & Cheese Sandwich on WW Bread, Tater Tots, Green Salad, Milk	Lunch: WG Chicken Nuggets, Peas & Carrots, Cauliflower, Milk	Lunch: Baked Cod Fish, Asparagus, Beets, ENR Roll, Milk	Lunch: Chicken & ENR Dumplings with Vegetables, Broccoli, Milk
Snack: Vanilla Yogurt with Sliced Banana's	Snack: Peanut Butter with Sliced Apples	Snack: Gold Fish with Tomato Soup	Snack: Grilled Cheese Sandwiches on WW Bread with Sliced Cheddar Cheese	Snack: Peanut butter and jelly rolls on a WG Tortilla