



## Main Lunch Menu

### January 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain 1/4 oz, 4oz Plain Whole Milk

(menu modifications in italics)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain 1/4 oz, 4oz Plain 1% Milk (menu modifications in italics)

3–5-Year-Old – m/ma 1.5oz, Fruit 1/4 c, vegetable 1/4 c, grain 1/2 oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit 1/2 c, vegetables 1/2 c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 1</b>  <b>HAPPY NEW YEAR!</b>	<b>January 2</b> <b>Grilled Chicken Breast</b> WG Bun Cooked Carrots Fruit Milk <b>Veggie Burger</b>	<b>January 3</b> <b>WG Pasta w/Meat Sauce</b> Peas Fruit Milk <b>Veggie Meatballs</b>	<b>January 4</b> <b>Turkey Ham and Cheese on WG Bun</b> Tomato & Cucumber Salad (Peeled and Diced Tomato & Cucumber Salad 1-2) Mayonnaise Fruit Milk <b>Cheese Sandwich</b>	<b>January 5</b> <b>Swedish Meatballs</b> Brown Rice Broccoli (Green Beans) Ranch Dressing Fruit Milk <b>Veggie Meatballs</b>
<b>January 8</b> <b>Chicken, Turkey Pepperoni and Cheese on WG Bun</b> Carrot Sticks w/ Ranch Dressing (Cooked Carrots) Mayonnaise Fruit Milk <b>Sunbutter &amp; Grape Sandwich</b>	<b>January 9</b> <b>Turkey Sausage</b> String Cheese (3+ Only) WG French Toast Tomato and Cucumber Salad (Peeled and Diced Tomato and Cucumber Salad) Fruit Milk <b>French Toast and Veggie Sausage</b>	<b>January 10</b> <b>Mac &amp; Cheese w. WG Pasta</b> Mixed Vegetables Fruit Milk	<b>January 11</b> <b>Italian Meatball Parmesan Sandwich on WG Hoagie Roll</b> Corn Fruit Milk <b>Veggie Meatball Parmesan</b>	<b>January 12</b> <b>Curry Chicken</b> Brown Rice Fresh Broccoli (Peas) Ranch Dressing Fruit Milk <b>Curry Tofu</b>  <i>National Curry Chicken Day!</i>
<b>January 15</b> <b>Turkey &amp; Cheese Sandwich on WG Bun</b> Carrot Sticks (Cooked Carrots) Mayonnaise Ranch Dressing Fruit Milk <b>Sunbutter &amp; Grape Sandwich</b>	<b>January 16</b> <b>WG Chicken Tenders</b> Mashed Potatoes Ketchup Fruit Milk <b>Veggie Nuggets</b>	<b>January 17</b> <b>Turkey Burger</b> WG Sandwich Roll Green Beans Fruit Milk <b>Veggie Burger</b>	<b>January 18</b> <b>Taco Beef w/Cheddar Cheese</b> Brown Rice Corn & Black Bean Salad Fruit Milk <b>Bean Burrito</b>	<b>January 19</b> <b>Italian Chicken Pasta Salad</b> Tomato and Cucumber Salad (Peeled and Diced Tomato and Cucumber Salad) Fruit Milk <b>Edamame Pasta Salad</b>
<b>January 22</b> <b>Grilled Chicken</b> Red Beans & Rice Fruit Milk <b>Veggie Nuggets</b>  <i>National Southern Food Day!</i>	<b>January 23</b> <b>Potato &amp; Cheese Pierogis</b> Carrot Sticks (Cooked Carrots 1-2) Ranch Dressing Fruit Milk	<b>January 24</b> <b>Turkey Ham and Cheese Sandwich</b> Tomato and Cucumber Salad (Peeled and Diced Tomato and Cucumber Salad) Mayonnaise Fruit Milk <b>Cheese Sandwich</b>	<b>January 25</b> <b>Chicken Pot Pie (Grilled Chicken in Gravy w/Mix Vegetables)</b> WG Biscuit Fruit Milk <b>Lentil Pot Pie</b>	<b>January 26</b> <b>BBQ Meatballs</b> Buttered Noodles Fresh Broccoli (Peas) Fruit Milk <b>BBQ Veggie Meatballs</b>
<b>January 29</b> <b>Italian Turkey Sandwich on WG Bun</b> Carrot Sticks (Cooked Carrots) Ranch Dressing Mayo Fruit Milk <b>Cheese Sandwich</b>	<b>January 30</b> <b>Egg Patty w/Cheese</b> WG Bagel Breakfast Potatoes Fruit Milk	<b>January 31</b> <b>Chicken, Cheddar Cheese, and Brown Rice Bake</b> Mixed Vegetables Fruit Milk <b>Tofu, Cheddar, Rice Bake</b>	<b>February 1</b> <b>Hamburger Slider w/Cheddar Cheese</b> WG Bun Green Beans Fruit Milk <b>Veggie Burger</b>	<b>February 2</b> <b>Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese</b> <b>WG Pasta</b> Fresh Broccoli (Peas) Ranch Dressing Fruit Milk <b>Veggie Meatball Parm</b>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos