

JANUARY 2019 - CHILD CARE HOT LUNCH MENU

Remember that at least one vegetable component MUST be served every day at lunch!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/7/2019 835 FISH STICKS 815 MIXED VEGETABLES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/8/2019 830 WG SPAGHETTI WITH MEATBALLS (2 serv/cont) 825 GREEN BEANS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/9/2019 872 WG BREADED CHICKEN PATTY (2 serv/cont) 602 RED BLISS POTATO SALAD WITH TURKEY BACON 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK FOOD ORDER DUE - WEEK OF 1/28	1/10/2019 841 CHEESE RAVIOLI WITH SAUCE (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 822 SPINACH 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/11/2019 839 WG MACARONI & CHEESE 506 CHOPPED ROMAINE SALAD or 864 DICED CARROTS 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
1/14/2019 826 SALISBURY PATTY WITH GRAVY 825 GREEN BEANS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/15/2019 834 CHICKEN ALFREDO W/WG PENNE PASTA (2 serv/cont) 858 PEAS & CARROTS 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/16/2019 206 VEGGIE BURGER W/POTATO WEDGES (individual package) 822 SPINACH 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK FOOD ORDER DUE - WEEK OF 2/4	1/17/2019 264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) or 263 5" ROUND WG CHEESE PIZZA (individual package) 506 CHOPPED ROMAINE SALAD or 869 POTATO ROUNDS 670 FRESH FRUIT 100 WHITE MILK	1/18/2019 849 SWEDISH MEATBALLS 506 CHOPPED ROMAINE SALAD or 815 MIXED VEGETABLES 683 UNSWEETENED APPLESAUCE CUP 832 SPIRAL NOODLES or 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
1/21/2019 843 WG BREADED BAKED CHICKEN NUGGETS 867 GARDEN PEAS 861 AU GRATIN POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK Martin Luther King, Jr. Day	1/22/2019 847 CHEESY CHICKEN, POTATO & BROCCOLI BAKE (2 serv/cont) 812 CORN 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/23/2019 833 WG WAGON WHEEL PASTA W/MEAT CRUMBLES & CHEESE (2 serv/cont) 822 SPINACH 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK FOOD ORDER DUE - WEEK OF 2/11	1/24/2019 835 FISH STICKS or 829 MEATLOAF WITH GRAVY 864 DICED CARROTS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/25/2019 856 CHICKEN PARMESAN (2 serv/cont) 825 GREEN BEANS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
1/28/2019 837 MEATBALLS WITH SAUCE 822 SPINACH 670 FRESH FRUIT 832 SPIRAL NOODLES or 907 WHEAT HOT DOG BUN 100 WHITE MILK	1/29/2019 839 WG MACARONI & CHEESE 815 MIXED VEGETABLES 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/30/2019 844 WG BREADED CRISPY CHICKEN TENDERS (2 serv/cont) 864 DICED CARROTS 602 RED BLISS POTATO SALAD WITH TURKEY BACON 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK FOOD ORDER DUE - WEEK OF 2/18	1/31/2019 827 HAMBURGER PATTY 506 CHOPPED ROMAINE SALAD or 812 CORN 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK	2/1/2019 264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) or 263 5" ROUND WG CHEESE PIZZA (individual package) 506 CHOPPED ROMAINE SALAD or 869 POTATO ROUNDS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

REMINDER! Water must be OFFERED every day!

MENU SUBJECT TO CHANGE

WG = WHOLE GRAIN-RICH