

JANUARY 2022 CHILD CARE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/10/2022	1/11/2022	1/12/2022	1/13/2022	1/14/2022
349 CORN CHEX CEREAL 670 FRESH FRUIT 100 WHITE MILK	339 WG CRANBERRY ORANGE MUFFIN 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	369 PILLSBURY TRIPLE BERRY BLAST WG MINI FRENCH TOAST (individual package) 646 DOLE DICED PEACHES CUP 100 WHITE MILK	346 CINNAMON TOAST CRUNCH CEREAL 607 DOLE DICED MANGO CUP 100 WHITE MILK	332 WG APPLE CINNAMON MUFFIN 670 FRESH FRUIT 100 WHITE MILK
1/17/2022	1/18/2022	1/19/2022	1/20/2022	1/21/2022
345 HONEY SCOOTERS CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	335 WG BANANA MUFFIN 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK	341 WG VANILLA HONEY BUNCHES OF OATS CEREAL 670 FRESH FRUIT 100 WHITE MILK	802 SCRAMBLED EGGS W/TURKEY HAM (4 servings/container) 634 HASH BROWNS (individual package) 100 WHITE MILK	367 WG CINNAMON RAISIN SLICED BAGEL <i>or</i> 331 WG CORN MUFFIN 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK
Martin Luther King, Jr. Day 1/24/2022	1/25/2022	1/26/2022	1/27/2022	1/28/2022
342 CHEERIOS CEREAL 670 FRESH FRUIT 100 WHITE MILK	330 WG BLUEBERRY MUFFIN 609 DOLE MIXED FRUIT CUP 100 WHITE MILK	306 PILLSBURY WG APPLE BAKED FRUDEL (individual package) 670 FRESH FRUIT 100 WHITE MILK	339 WG CRANBERRY ORANGE MUFFIN 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	347 CINNAMON CHEX CEREAL 644 DOLE DICED PEARS CUP 100 WHITE MILK

MENU SUBJECT TO CHANGE

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!

WG = WHOLE GRAIN-RICH

Nutritional Development Services - Archdiocese of Philadelphia, 222 North 17th Street, Philadelphia, PA 19103 Phone: 215-895-3470