

JANUARY 2022 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/10/2022 827 HAMBURGER PATTY 867 GARDEN PEAS 866 ROASTED SWEET POTATOES 904 1/2 SLICE WHEAT BREAD+++ <i>or</i> 914 WHEAT HAMBURGER BUN 100 WHITE MILK	1/11/2022 255 CHEESE STUFFED BREADSTICKS (individual package) 622 RED GOLD MARINARA SAUCE CUP 817 BROCCOLI 100 WHITE MILK	1/12/2022 872 WG BREADED CHICKEN PATTY (2 serv/cont) 865 CHEESY CAULIFLOWER 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/13/2022 841 CHEESE RAVIOLI WITH SAUCE (2 serv/cont) 506 CHOPPED ROMAINE SALAD <i>or</i> 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/14/2022 847 CHEESY CHICKEN, POTATO & BROCCOLI BAKE (2 serv/cont) 506 CHOPPED ROMAINE SALAD <i>or</i> 812 CORN 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
1/17/2022 843 WG BREADED BAKED CHICKEN NUGGETS 815 MIXED VEGETABLES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK Martin Luther King, Jr. Day	1/18/2022 206 VEGGIE BURGER W/POTATO WEDGES (individual package) 864 DICED CARROTS <i>or</i> 611 BABY CARROTS PACK 904 1/2 SLICE WHEAT BREAD+++ <i>or</i> 914 WHEAT HAMBURGER BUN 100 WHITE MILK	1/19/2022 830 WG SPAGHETTI WITH MEATBALLS (2 serv/cont) 825 GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/20/2022 264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) <i>or</i> 263 5" ROUND WG CHEESE PIZZA (individual package) 869 POTATO ROUNDS 697 BAGGED APPLE SLICES 100 WHITE MILK	1/21/2022 849 SWEDISH MEATBALLS 817 BROCCOLI 812 CORN 904 1/2 SLICE WHEAT BREAD+++ <i>or</i> 832 SPIRAL NOODLES 100 WHITE MILK
1/24/2022 834 CHICKEN ALFREDO W/WG PENNE PASTA (2 serv/cont) 867 GARDEN PEAS 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/25/2022 835 FISH STICKS (2 serv/cont) 859 CORN & CARROTS 809 MASHED POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/26/2022 857 SLOPPY JOE 825 GREEN BEANS 861 AU GRATIN POTATOES 904 1/2 SLICE WHEAT BREAD+++ <i>or</i> 914 WHEAT HAMBURGER BUN 100 WHITE MILK	1/27/2022 839 WG MACARONI & CHEESE 506 CHOPPED ROMAINE SALAD <i>or</i> 815 MIXED VEGETABLES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/28/2022 856 CHICKEN PARMESAN (2 serv/cont) 506 CHOPPED ROMAINE SALAD <i>or</i> 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK

MENU SUBJECT TO CHANGE

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

WG = WHOLE GRAIN-RICH

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!

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