

# JANUARY 2023 CHILD CARE COLD LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2/2023	1/3/2023	1/4/2023	1/5/2023	1/6/2023
239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
1/9/2023	1/10/2023	1/11/2023	1/12/2023	1/13/2023
228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 630 100% DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023
229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK <b>Martin Luther King, Jr. Day</b>	261 SOY BUTTER & JELLY WG SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023
242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
1/30/2023	1/31/2023	2/1/2023	2/2/2023	2/3/2023
239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 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.

**CHOPPED ROMAINE SALAD:** CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.

**REMINDER:** Water must be OFFERED every day!

**WG = WHOLE GRAIN-RICH**

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