

JANUARY 2023 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2/2023 284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 670 FRESH FRUIT 100 WHITE MILK	1/3/2023 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	1/4/2023 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	1/5/2023 264 4" x 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	1/6/2023 285 GRILLED CHICKEN STRIPS WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
1/9/2023 288 WG MACARONI & CHEESE WITH BROCCOLI 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	1/10/2023 293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK	1/11/2023 295 MEATLOAF & GRAVY WITH MASHED POTATOES 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/12/2023 225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	1/13/2023 283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 100 WHITE MILK
1/16/2023 287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK Martin Luther King, Jr. Day	1/17/2023 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	1/18/2023 280 BEEF PATTY WITH GREEN BEANS 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	1/19/2023 291 GRILLED CHICKEN STRIPS WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 100 WHITE MILK	1/20/2023 264 4" x 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
1/23/2023 284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	1/24/2023 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	1/25/2023 288 WG MACARONI & CHEESE WITH BROCCOLI 670 FRESH FRUIT 100 WHITE MILK	1/26/2023 225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	1/27/2023 296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
1/30/2023 287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	1/31/2023 293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	2/1/2023 295 MEATLOAF & GRAVY WITH MASHED POTATOES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/2/2023 264 4" x 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	2/3/2023 283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 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.

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!

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