

# JANUARY 2024 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/8/2024	1/9/2024	1/10/2024	1/11/2024	1/12/2024
287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 670 FRESH FRUIT 905 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	202 CHEESEBURGER ON WG BUN <i>or</i> 252 TURKEY HOT DOG ON WG BUN 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT <i>or</i> 682 BANANAS (requires approval to order) 100 WHITE MILK	286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 506 CHOPPED ROMAINE SALAD <i>or</i> 697 BAGGED APPLE SLICES 100 WHITE MILK
1/15/2024	1/16/2024	1/17/2024	1/18/2024	1/19/2024
284 GRILLED CHICKEN & BROCCOLI ALFREDO WITH WG PENNE PASTA 670 FRESH FRUIT 100 WHITE MILK	281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK	295 MEATLOAF & GRAVY WITH MASHED POTATOES 670 FRESH FRUIT 905 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	283 WG CHICKEN TENDERS WITH CORN 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	264 4" X 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
MARTIN LUTHER KING JR. DAY				
1/22/2024	1/23/2024	1/24/2024	1/25/2024	1/26/2024
293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 611 BABY CARROTS SNACK PACK <i>or</i> 670 FRESH FRUIT 100 WHITE MILK	276 TERIYAKI CHICKEN WITH BROWN RICE AND CARROTS <i>or</i> 291 GRILLED CHICKEN WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	225 WG CIABATA CHEESE MELT SANDWICH <i>or</i> 256 WG CHEESE STUFFED BREADSTICKS 506 CHOPPED ROMAINE SALAD <i>or</i> 622 RED GOLD MARINARA SAUCE CUP 670 FRESH FRUIT <i>or</i> 682 BANANAS (requires approval to order) 100 WHITE MILK	285 GRILLED CHICKEN WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 905 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
1/29/2024	1/30/2024	1/31/2024	2/1/2024	2/2/2024
282 WG BBQ POPCORN CHICKEN WITH MASHED SWEET POTATOES 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	288 WG MACARONI & CHEESE WITH BROCCOLI 670 FRESH FRUIT 100 WHITE MILK	280 BEEF PATTY WITH GREEN BEANS 670 FRESH FRUIT <i>or</i> 697 BAGGED APPLE SLICES 918 WHEAT HAMBURGER BUN 100 WHITE MILK	264 4" X 6" WG CHEESE PIZZA <i>or</i> 268 WG FRENCH BREAD CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 683 UNSWEETENED APPLESauce CUP <i>or</i> 682 BANANAS (requires approval to order) 100 WHITE MILK	283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD <i>or</i> 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK

**MENU SUBJECT TO CHANGE**

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

**Healthy Grains! All items are 100% whole or whole grain rich products.**

**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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