



January 2022 Full Year

Monday January 3	Tuesday January 4 Day 15	Wednesday January 5 Day 1	Thursday January 6 Day 2	Friday January 7 Day 3
IN SERVICE	<u>Breakfast</u> Soft Bagel ½ w/ low fat cream cheese Mandarin Oranges ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Oatmeal ¼ cup Diced Apples ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Biscuit ½ w/ gravy Pineapple ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Cornflakes 1/3 cup Banana ½ cup 1% Milk ¾ cup
IN SERVICE	<u>Lunch</u> Grilled Chicken CN Label 1 ½ oz. Vegetable Medley ¼ cup Seasonal Fresh Fruit ¼ cup WW Roll ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Cheeseburger 1 oz. meat CN Label ½ oz. cheese on Enriched HB bun w/ lettuce, tomato, pickle Fries ¼ cup Pears ¼ cup 1% Milk ¾ cup	<u>Lunch</u> Chicken Patty 1 ½ oz. CN Label Sweet Potatoes ¼ cup Peas ¼ cup Mixed Fruit ¼ cup WW Roll ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Pinto Beans 3/8 cup Macaroni & Tomatoes ¼ cup Cooked Apples ¼ cup Cornbread ½ oz. eq. 1% Milk ¾ cup
IN SERVICE	<u>Snack</u> 100% Fruit Smoothie (yogurt, berries, banana, 100% orange juice) Water	<u>Snack</u> Goldfish crackers ½ cup 100% Fruit Juice ½ cup Water	<u>Snack</u> Yogurt ½ cup Peaches ½ cup Water	<u>Snack</u> Blueberry Muffin (1) 100% Fruit Juice ½ cup Water

This institution is an equal opportunity provider and employer.

HM – Homemade; WW – Whole Wheat; WG – Whole Grain

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January 2022 Full Year

Monday January 10 Day 4	Tuesday January 11 Day 5	Wednesday January 12 Day 6	Thursday January 13 Day 7	Friday January 14 Day 8
<u>Breakfast</u> WG Cinnamon French Toast (1) 100% Orange Juice ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Butter Toast ½ (enriched bread) Eggs (1) Applesauce ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Rice Krispies 1/3 cup 100% Orange Juice ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Breakfast Burrito (1) Pears ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Cream of Wheat ¼ cup Strawberries ½ cup 1% Milk ¾ cup
<u>Lunch</u> Sloppy Joe w/meat CN Label 1 ½ oz. on enriched bun Potato Tots ¼ cup Carrots ¼ cup Strawberries ¼ cup 1% Milk ¾ cup	<u>Lunch</u> Steak CN Label 1 ½ oz. w/gravy Green Beans ¼ cup Mandarin Oranges ¼ cup WW Roll ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Fish Sticks CN Label 1 ½ oz. Macaroni & Cheese ¼ cup Mustard Greens ¼ cup Pineapples ¼ cup 1% Milk ¾ cup	<u>Lunch</u> HM Spaghetti w/meat CN Label 1 ½ oz. Corn ¼ cup Mandarin Oranges ¼ cup WW Roll ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Chicken Taco meat CN Label 1 ½ oz. ½ Enriched taco wrap w/ lettuce, tomato Mexican Rice (brown rice) ¼ cup Banana ¼ cup 1% Milk ¾ cup
<u>Snack</u> Seasonal Fresh Fruit ½ cup 1% Milk ½ cup Water	<u>Snack</u> Beef Bologna (1) Saltine Crackers (4) Water	<u>Snack</u> Graham Crackers (4) Peanut Butter 1Tbsp Water	<u>Snack</u> Fresh Mixed Vegetable w/dip ½ cup 1% Milk ½ cup Water	<u>Snack</u> Ritz crackers (4) Cheese 1 oz. 100% Fruit Juice ½ cup Water

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Sunflower butter may be substituted for peanut butter.

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Monday January 17 Day 9	Tuesday January 18 Day 10	Wednesday January 19 Day 11	Thursday January 20 Day 12	Friday January 21 Day 13
<u>Breakfast</u> Pancakes (1) Peaches ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Sausage Biscuit ½ 100% Orange Juice ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Cheerios 1/3 cup Peaches ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Bran Muffin (1) Banana ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Cheese Toast ½ (enriched bread) Pineapples ½ cup 1% Milk ¾ cup
<u>Lunch</u> Pizza CN Label 1 ½ oz. Salad w/ lettuce, tomato, cucumber ¼ cup Pineapples ¼ cup 1% Milk ¾ cup	<u>Lunch</u> Hot Dog on Enriched HD bun ½ bread 1 ½ oz. meat Baked Beans ¼ cup Seasonal Fresh Fruit ¼ cup 1% Milk	<u>Lunch</u> Chicken Noodle/ Vegetable Beef Soup CN Label ½ cup w/ Chicken/Beef 1 ½ oz. and mixed vegetables ¼ cup Grilled Cheese Sandwich ½ Pears ¼ cup 1% Milk ¾ cup	<u>Lunch</u> Meatloaf CN Label 1 ½ oz. w/sauce Mashed Potatoes ¼ cup Cooked Apples ¼ cup WW Roll ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Chili w/ beans ¼ cup Baked Potato ½ Broccoli ¼ cup Mixed Fruit ¼ cup 1% Milk ¾ cup
<u>Snack</u> WG Scooby Bones Crackers (1) 1% Milk ½ cup Water	<u>Snack</u> Sliced Apples ½ cup Cubed Cheese 1 oz. Water	<u>Snack</u> Mixed Fruit ½ cup 1% Milk ½ cup Water	<u>Snack</u> Cheese-it- crackers ½ cup 100% Fruit Juice ½ cup Water	<u>Snack</u> WG Animal Crackers (1) 1% Milk ½ cup Water

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January 2022 Full Year

Monday January 24 Day 14	Tuesday January 25 Day 15	Wednesday January 26 Day 1	Thursday January 27 Day 2	Friday January 28 Day 3	Monday January 31 Day 4
<u>Breakfast</u> Breakfast Pizza Applesauce ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Soft Bagel ½ w/ low fat cream cheese Mandarin Oranges ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Oatmeal ¼ cup Diced Apples ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Biscuit ½ w/ gravy Pineapple ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Cornflakes 1/3 cup Banana ½ cup 1% Milk ¾ cup	<u>Breakfast</u> WG Cinnamon French Toast (1) 100% Orange Juice ½ cup 1% Milk ¾ cup
<u>Lunch</u> Ham or Turkey Cheese wrap (1 ½ oz. meat, ½ oz. cheese) on ½ enriched taco wrap w/ lettuce, tomato, cucumber ¼ cup Peaches ¼ cup 1% Milk ¾ cup	<u>Lunch</u> Grilled Chicken CN Label 1 ½ oz. Vegetable Medley ¼ cup Seasonal Fresh Fruit ¼ cup WW Roll ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Cheeseburger 1 oz. meat CN Label ½ oz. cheese on Enriched HB bun w/ lettuce, tomato, pickle Fries ¼ cup Pears ¼ cup 1% Milk ¾ cup	<u>Lunch</u> Chicken Patty 1 ½ oz. CN Label Sweet Potatoes ¼ cup Peas ¼ cup Mixed Fruit ¼ cup WW Roll ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Pinto Beans 3/8 cup Macaroni & Tomatoes ¼ cup Cooked Apples ¼ cup Cornbread ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Sloppy Joe w/meat CN Label 1 ½ oz. on enriched bun Potato Tots ¼ cup Carrots ¼ cup Strawberries ¼ cup 1% Milk ¾ cup
<u>Snack</u> String Cheese ½ (1 oz.) Chex Mix ½ cup Water	<u>Snack</u> 100% Fruit Smoothie (yogurt, berries, banana, 100% orange juice) Water	<u>Snack</u> Goldfish crackers ½ cup 100% Fruit Juice ½ cup Water	<u>Snack</u> Yogurt ½ cup Peaches ½ cup Water	<u>Snack</u> Blueberry Muffin (1) 100% Fruit Juice ½ cup Water	<u>Snack</u> Seasonal Fresh Fruit ½ cup 1% Milk ½ cup Water

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