



# January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Whole milk is served to children under 2 1% milk is served to children over 2 Cereals have less than 6 g sugar/1 oz Yogurt has less than 2 g added sugar/1 oz Alternatives to crunchiness noted as: Preschooler/Toddler</p>	<p>1 <b>Closed</b></p>	<p>2 <b>Breakfast:</b> Whole Grain Waffles, Fresh Strawberries, Milk &amp; Water <b>Lunch:</b> Hamburger, Baked Beans, Mixed Fruit, Milk &amp; Water <b>Snack:</b> Goldfish Crackers, Whole/Sliced Apples, Water</p>	<p>3 <b>Breakfast:</b> Whole Grain Cheerios, Fresh Bananas, Milk &amp; Water <b>Lunch:</b> Flat Bread Cheese Pizza, Fresh Garden Salad/Mix Veggies, Apricots, Milk &amp; Water <b>Snack:</b> Avocado, Fresh Carrots/Cucumber, Rice Cakes/Ritz Crackers, Water</p>
<p>6 <b>Breakfast:</b> Whole Wheat Bagel, Sun Butter, Sliced Apples, Milk &amp; Water <b>Lunch:</b> Chicken Breast, Broccoli, Whole Wheat Bread, Pears, Milk &amp; Water <b>Snack:</b> Mandarin Oranges, Pretzels, Water</p>	<p>7 <b>Breakfast:</b> Scrambled Eggs, Whole Wheat Toast, Peaches, Milk &amp; Water <b>Lunch:</b> Diced Ham, Whole Wheat Pasta, Peas and Carrots, Apricots, Milk &amp; Water <b>Snack:</b> Ritz Crackers, String Cheese, Water</p>	<p>8 <b>Breakfast:</b> Yogurt, Fresh Blueberries, Granola/Cheerios, Milk &amp; Water <b>Lunch:</b> Whole Wheat Grilled Cheese Sandwich, Tomato, Pineapples, Milk &amp; Water <b>Snack:</b> Cucumbers, Ranch Dip, Whole Wheat Saltine Crackers, Water</p>	<p>9 <b>Breakfast:</b> Whole Grain Waffles, Fresh Strawberries, Milk &amp; Water <b>Lunch:</b> Meatballs, Green Beans, Mixed Fruit, Whole Wheat Bread, Milk &amp; Water <b>Snack:</b> Cheez-It Crackers, Apples, Water</p>	<p>10 <b>Breakfast:</b> Whole Grain Kix Cereal, Fresh Bananas, Milk &amp; Water <b>Lunch:</b> Fish Sticks, Carrots, Sliced Apples, Milk &amp; Water <b>Snack:</b> Hummus, Fresh Zucchini, Wheat Thins/Ritz Crackers, Water</p>
<p>13 <b>Breakfast:</b> Whole Wheat Bagel, Sun Butter, Sliced Apples, Milk &amp; Water <b>Lunch:</b> Chicken Breast, Peas and Carrots, Whole Wheat Bread, Pears, Milk &amp; Water <b>Snack:</b> Mandarin Oranges, Pretzels, Water</p>	<p>14 <b>Breakfast:</b> Scrambled Eggs, Whole Wheat Toast, Peaches, Milk &amp; Water <b>Lunch:</b> Beef and Cheese Tacos, Corn, Apricots, Milk &amp; Water <b>Snack:</b> Ritz Crackers, String Cheese, Water</p>	<p>15 <b>Breakfast:</b> Yogurt, Fresh Blueberries, Granola/Cheerios, Milk &amp; Water <b>Lunch:</b> Whole Grain Spaghetti with Meat Sauce, Fresh Garden Salad/Mixed Veggies, Pineapples, Milk/Water <b>Snack:</b> Cucumbers, Ranch Dip, Whole Wheat Saltine Crackers, Water</p>	<p>16 <b>Breakfast:</b> Waffles, Fresh Strawberries, Milk &amp; Water <b>Lunch:</b> Hamburgers on Whole Wheat Bun, Baked Beans, Mixed Fruit, Milk/Water <b>Snack:</b> Goldfish Crackers, Apples, Water</p>	<p>17 <b>Breakfast:</b> Whole Grain Cheerios, Fresh Bananas, Milk &amp; Water <b>Lunch:</b> Flat Bread Cheese Pizza, Salad/Mix Veggies, Apricots, Milk &amp; Water <b>Snack:</b> Avocado, Fresh Carrots/Cucumber, Rice Cakes/Ritz Crackers, Water</p>
<p>20 <b>Childcare Center</b> <b>Closed</b> <b>Martin Luther King Jr. Day</b></p>	<p>21 <b>Breakfast:</b> Scrambled Eggs, Whole Wheat Toast, Peaches, Milk &amp; Water <b>Lunch:</b> Diced Ham, Pasta, Peas and Carrots, Apricots, Milk &amp; Water <b>Snack:</b> Ritz Crackers, String Cheese, Water</p>	<p>22 <b>Breakfast:</b> Yogurt, Fresh Blueberries, Granola/Cheerios, Milk &amp; Water <b>Lunch:</b> Whole Wheat Grilled Cheese Sandwich, Tomato, Pineapples, Milk &amp; Water <b>Snack:</b> Cucumbers, Ranch Dip, Whole Wheat Saltine Crackers, Water</p>	<p>23 <b>Breakfast:</b> Waffles, Fresh Strawberries, Milk &amp; Water <b>Lunch:</b> Meatballs, Whole Wheat Bread, Green Beans, Mixed Fruit, Milk &amp; Water <b>Snack:</b> Cheez-It Crackers, Apples, Water</p>	<p>24 <b>Breakfast:</b> Whole Grain Kix Cereal, Fresh Bananas, Milk &amp; Water <b>Lunch:</b> Fish Sticks, Carrots, Sliced Apples, Milk &amp; Water <b>Snack:</b> Hummus, Fresh Zucchini, Wheat Thins/Ritz Crackers, Water</p>
<p>27 <b>Breakfast:</b> Whole Wheat Bagel, Sun Butter, Sliced Apples, Milk &amp; Water <b>Lunch:</b> Chicken Breast, Green Beans, Whole Wheat Bread, Pears, Milk &amp; Water <b>Snack:</b> Mandarin Oranges, Pretzels, Water</p>	<p>28 <b>Breakfast:</b> Scrambled Eggs, Whole Wheat Toast, Peaches, Milk &amp; Water <b>Lunch:</b> Beef Tacos, Corn, Apricots, Milk &amp; Water <b>Snack:</b> Ritz Crackers, String Cheese, Water</p>	<p>29 <b>Breakfast:</b> Yogurt, Fresh Blueberries, Granola/Cheerios, Milk &amp; Water <b>Lunch:</b> Whole Grain Spaghetti with Meat Sauce, Fresh Garden Salad/Mixed Veggies, Pineapples, Milk &amp; Water <b>Snack:</b> Cucumbers, Ranch Dip, Whole Wheat Saltine Crackers, Water</p>	<p>30 <b>Breakfast:</b> Waffles, Fresh Strawberries, Milk/Water <b>Lunch:</b> Hamburgers on Whole Wheat Bun, Baked Beans, Mixed Fruit, Milk &amp; Water <b>Snack:</b> Goldfish Crackers, Apples, Water</p>	