

# Little Discoveries January Menu



<u>Week:</u>	<u>Monday:</u>	<u>Tuesday:</u>	<u>Wednesday:</u>	<u>Thursday:</u>	<u>Friday:</u>
	<b>Breakfast:</b> WG Cereal, Banana, GoGurt, 100% Juice, Milk	<b>Breakfast:</b> Waffle, Egg Patty, Mandarin Oranges, Milk	<b>Breakfast:</b> Cinnamon Roll, Sausage, Applesauce, Milk	<b>Breakfast:</b> Bagel, Bacon, Pears, Milk	<b>Breakfast:</b> Pancake, Canadian Bacon, Strawberries, Milk
1/5-1/9	<b>Lunch:</b> Hot Dog, Baked Beans, Peaches, Milk	<b>Lunch:</b> Chicken Alfredo, WG Bread Slice, Broccoli, Pears, Milk	<b>Lunch:</b> Turkey & Cheese Sub, Mixed Veggies, Pineapple, Milk	<b>Lunch:</b> Sloppy Joe Pasta, WG Bread Slice, Green Beans, Blueberries, Milk	<b>Lunch:</b> Chicken Taquitos, Cooks Choice Fruit & Veggies, Milk
	<b>Snack:</b> Puffcorn, Applesauce, Popcorn, Apple Slices, Water	<b>Snack:</b> Pastry Crisps, Fruit Twist, Water	<b>Snack:</b> WG Nutri-Grain Bar, Yogurt, Water	<b>Snack:</b> Belvita Bar, SF Jello, Water	<b>Snack:</b> WG Ritz Crackers, String Cheese, Water
	<b>Breakfast:</b> WG Cereal, Banana, GoGurt, 100% Juice, Milk	<b>Breakfast:</b> English Muffin, Bacon, Pineapple, Milk	<b>Breakfast:</b> WG Toast, Canadian Bacon, Strawberries, Milk	<b>Breakfast:</b> Biscuit, Sausage, Applesauce, Milk	<b>Breakfast:</b> French Toast Sticks, HB Egg, Peaches, Milk
1/12-1/16	<b>Lunch:</b> Corn Dog, Grapes, Mixed Veggies, Milk	<b>Lunch:</b> Pizza Rolls, Green Beans, Blueberries, Milk	<b>Lunch:</b> Cold Chicken Pasta, WG Bread Slice, Carrots, Pears, Milk	<b>Lunch:</b> Pulled Pork Sandwich, Corn, Mandarin Oranges, Milk	<b>Lunch:</b> BBQ Meatballs, WG Bread Slice, Cooks Choice Fruit & Veggie, Milk
	<b>Snack:</b> Animal Crackers, Mandarin Oranges, Orange Smiles, Water	<b>Snack:</b> WG Goldfish, Applesauce, Appleslices, Water	<b>Snack:</b> Mini Rice Cakes, Peppers, Rice Cakes, Cucumbers, Water	<b>Snack:</b> WG Veggie Straws, WG Chex-Mix, Cottage Cheese	<b>Snack:</b> Soft Pretzels, Pretzels, Pudding Cup, Water
	<b>Breakfast:</b> WG Cereal, Banana, GoGurt, 100% Juice, Milk	<b>Breakfast:</b> Waffle, Bacon, Applesauce, Milk	<b>Breakfast:</b> Cinnamon Roll, Canadian Bacon, Pineapple, Milk	<b>Breakfast:</b> Bagel, Sausage, Strawberries, Milk	<b>Breakfast:</b> Pancake, Egg Patty, Peaches, Milk
1/19-1/23	<b>Lunch:</b> Fish Sticks, Carrots, Mandarin Oranges, Milk	<b>Lunch:</b> Mac & Cheese W/ Hotdogs, WG Bread Slice, Broccoli, Grapes, Milk	<b>Lunch:</b> Hot Ham & Cheese Sandwich, Blueberries, Mixed Veggies, Milk	<b>Lunch:</b> Spaghetti, WG Bread Slice, Corn Pears, Milk	<b>Lunch:</b> Chicken Strips, Cooks Choice Fruit & Veggie, Milk
	<b>Snack:</b> Puffcorn, Applesauce, Popcorn, Apple Slices, Water	<b>Snack:</b> Pastry Crisps, Fruit Twist, Water	<b>Snack:</b> WG Strawberry Wafer Bar, Danimals, Water	<b>Snack:</b> Ritz, Turkey & Cheese Slice, Water	<b>Snack:</b> WG Belvita Bar, SF Jello, Water
	<b>Breakfast:</b> WG Cereal, Banana, GoGurt, 100% Juice, Milk	<b>Breakfast:</b> English Muffin, HB Eggs, Peaches, Milk	<b>Breakfast:</b> WG Toast, Sausage, Applesauce, Milk	<b>Breakfast:</b> Biscuit, Bacon, Strawberries, Milk	<b>Breakfast:</b> French Toast Sticks, Canadian Bacon, Pears, Milk
1/26-1/30	<b>Lunch:</b> Chicken Patty, Mixed Veggies, Mandarin Oranges, Milk	<b>Lunch:</b> Pizza Bagels, Corn, Pineapple, Milk	<b>Lunch:</b> Scalloped Potatoes W/Ham, WG Bread Slice, Carrots, Blueberries, Milk	<b>Lunch:</b> Chicken Nuggets, Green Beans, Grapes, Milk	<b>Lunch:</b> Tater Tot Hotdish, WG Bread Slice, Cooks Choice Fruit & Veggie, Milk
	<b>Snack:</b> Soft Pretzels, Applesauce, Pretzels, Appleslices, Water	<b>Snack:</b> WG Graham Cracker, Pudding Cup, Water	<b>Snack:</b> Cheez-It's Mandarin Oranges, Orange Slices, Water	<b>Snack:</b> WG Nutri-Grain Bar, Yogurt Pouch, Go-Gurt, Water	<b>Snack:</b> Fig Newt Bar, String Cheese, Water
Infants: Vitamin D Milk, Toddler - School Age: 1% Milk			WG = Whole Grain		
*Italicized options denote Infant - Toddler Classrooms			SF = Sugar Free		