

Little Discoveries January Menu



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