

# DAYCARE/ELEMENTARY/MIDDLE MENU



<b>JANUARY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
<b>MONDAY</b> <b>1</b>	Corn Flakes Cereal, Natural Orange (Cup) , Milk.	Brown Rice, Lentils, Chicken Nuggets, Seasonal Carrots or Green Beans, Milk.	Cheese Stick Strings, Saltine Crackers, Milk.
<b>TUESDAY</b> <b>2</b>	Waffles (Syrup) Milk.	“Moro” Rice (Black or Red Beans), Breaded Fish Sticks, Apple Sauce (Cup), Milk.	Lady Finger Cookies, Fruit Sorbet.
<b>WEDNESDAY</b> <b>3</b>	Kaiser Roll (Butter), Milk.	Ground Turkey, Brown Rice, Orange Slice or Mandarin, Milk.	Sliced Cheese, Soft Tortilla, Orange Jell-O.
<b>THURSDAY</b> <b>4</b>	Assorted Mini Muffin, Milk.	Rice with Baked Chicken, Diced Peach, Milk.	Assorted Cookies, Milk.
<b>FRIDAY</b> <b>5</b>	Biscuit (Butter), Banana, Milk.	Macaroni with Meat (Sauce and Cheese), Garlic Bread, Green Beans, Milk.	Ritz Crackers, Vanilla Pudding

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JANUARY	BREAKFAST	LUNCH	SNACK
<b>MONDAY</b> <b>8</b>	Cheerios Cereal, Natural or Sliced Apple, Milk.	Brown Rice & Black Beans, Chicken Tenders, Diced Pears, Milk.	Assorted Mini Muffins, Milk.
<b>TUESDAY</b> <b>9</b>	Pancake (Syrup), Milk.	Fish Patty on a Bun, Lettuce & Tomatoes, Curly French Fries or Baked Sweet Potatoes, Milk. (Brown rice for Toddlers)	Goldfish Crackers, Pudding (Sugar Free)
<b>WEDNESDAY</b> <b>10</b>	Raising Mini Bagel (Cream Cheese), Milk.	Beef Tacos, Soft Tortilla or Crunch Tacos, Lettuce & Tomatoes, Cheddar Cheese, Pineapple Tidbits, Milk. (Brown rice for Toddlers)	Cracker Vanilla, Fruit Sorbet
<b>THURSDAY</b> <b>11</b>	Cheese Omelet, Toast Bread, Milk.	Brown rice and Red Beans, Chicken Nuggets, Sliced Apples, Milk.	Chips Assorted, Juice
<b>FRIDAY</b> <b>12</b>	Kaiser Roll (Butter), Banana, Milk.	Spaghetti with Sausage (Sauce & Cheese), Garlic Bread, Tropical Fruit Salad, Milk.	Cheese Stick Strings, Ritz Crackers, Milk.

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JANUARY	BREAKFAST	LUNCH	SNACK
<b>MONDAY</b> <b>15</b>	Chex Simply Cereal, Natural Pears, Milk.	Brown rice & Black Beans, Chicken Patty, Fruit Cocktail, Milk.	Goldfish, Cheese, Vanilla Pudding.
<b>TUESDAY</b> <b>16</b>	Assorted Mini Muffins, Milk.	Ground Beef (Picadillo), Brown Rice, Ripe Sweet Plantains, Milk.	Assorted Cookies, Juice.
<b>WEDNESDAY</b> <b>17</b>	Link Sausage, Bread Toast, Milk.	Roasted Pork, Brown Rice, Pineapple Tidbits, Milk.	Vanilla Cracker, Milk.
<b>THURSDAY</b> <b>18</b>	French Toast (Syrup), Milk.	Diced Chicken (Sauce), Brown Rice, Green Beans, Milk.	Ritz Cookies, Assorted Yogurt.
<b>FRIDAY</b> <b>19</b>	Cheese Quesadilla, Banana, Milk.	Macaroni with Meatballs (Sauce & Cheese), Garlic Bread, Diced Peach, Milk.	Animal Crackers, Apple Sauce.

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JANUARY	BREAKFAST	LUNCH	SNACK
<b>MONDAY</b> <b>22</b>	Chex Simply Cereal, Fresh Sliced Apples (Bag), Milk.	Black Beans & Brown Rice, Fish Sticks, Diced Peach/Mandarin, Milk.	Goldfish Crackers, Assorted Yogurt.
<b>TUESDAY</b> <b>23</b>	Pancake (Syrup), Natural Orange (Cup), Milk.	Chicken Patty on a Bun, Lettuce & Tomatoes, Tater Tots, Apple Sauce (Cup) Milk/Brown Rice Toddlers.	Assorted Mini Muffins, Milk.
<b>WEDNESDAY</b> <b>24</b>	Raising Mini Bagel (Cream Cheese), Milk.	Split Peas/Garbanzo Beans, Brown Rice, Meatballs, Pineapple Tidbits, Milk .	Assorted Crackers, Juice
<b>THURSDAY</b> <b>25</b>	French Toast Sticks (Syrup), Milk.	Ground Pork, Brown Rice, Ripe Sweet Plantains, Milk.	Animal Crackers, Milk.
<b>FRIDAY</b> <b>26</b>	Egg Patty/Toast Bread, Banana, Milk.	Spaguetti with Ham (Sauce & Cheese), Garlic Bread, Fruit Cocktail, Milk.	Rice Krispies, Jell-O.