

FROM THE HEART – JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast: English Muffins, Fruit, Milk Lunch: <i>Hawaiian Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Cheez Its, 100% Fruit Juice	4 Breakfast: Special K, Fruit, Milk Lunch: <i>Burger Slider</i> , WG Bun, Tater Tots, Fruit, Milk Snack: Cheese, Pretzels	5 Breakfast: Biscuits, Fruit, Milk Lunch: <i>Spaghetti</i> Ground Turkey, WG Pasta, Mixed Vegetables, Salad, Milk Snack: Goldfish, 100% Juice	6 Breakfast: Pancakes, Fruit, Milk Lunch: <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk Snack: Yogurt, Granola	7 Breakfast: Corn Chex, Fruit, Milk Lunch: <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Fruit, Carrot Sticks, Milk Snack: Animal Crackers, Milk
10 Breakfast: Kix, Fruit, Milk Lunch: <i>Teriyaki Chicken</i> Chicken, Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Cheese, Pretzels	11 Breakfast: Rice Krispies, Fruit, Milk Lunch: <i>Spaghetti & Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Salad, Milk Snack: Ritz, String Cheese	12 Breakfast: Life Cereal, Fruit, Milk Lunch: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Cucumber, Milk Snack: Wheat Thins, 100% Fruit Juice	13 Breakfast: WG Cheerios, Fruit, Milk Lunch: <i>BBQ Pulled Chicken</i> Chicken, WG Bun, Baked Beans, Corn, Milk Snack: Graham Crackers, Milk	14 Breakfast: French Toast Sticks, Fruit, Milk Lunch: <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Fruit, Milk Snack: Yogurt, Granola
17 	18 Breakfast: Waffles, Fruit, Milk Lunch: <i>Chicken Patty Sandwich</i> Breaded Chicken, WG Bun, Carrot Sticks, Fruit, Milk Snack: Chex Mix, 100% Fruit Juice	19 Breakfast: Rice Chex, Fruit, Milk Lunch: <i>Taco</i> Ground Turkey, Pinto Beans, Corn Tortilla, Fruit, Milk Snack: Wheat Thins, Cheese	20 Breakfast: English Muffins, Fruit, Milk Lunch: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk Snack: Goldfish, 100% Juice	21 Breakfast: WG Cheerios, Fruit, Milk Lunch: <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Graham Crackers
24 Breakfast: Biscuits, Fruit, Milk Lunch: <i>Baked Chicken</i> Chicken, Mashed Potatoes, WG Dinner Roll, Green Beans, Milk Snack: Animal Crackers, Milk	25 Breakfast: Life Cereal, Fruit, Milk Lunch: <i>Penne Pasta</i> Ground Turkey, Penne Pasta, Peas, Fruit, Milk Snack: Cheez Its, 100% Fruit Juice	26 Breakfast: Corn Chex, Fruit, Milk Lunch: <i>Meatball Sub</i> Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk Snack: Graham Crackers, Milk	27 Breakfast: Pancakes, Fruit, Milk Lunch: <i>Sloppy Joes</i> Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk Snack: Chex Mix, 100% Fruit Juice	28 Breakfast: Rice Chex, Fruit, Milk Lunch: <i>Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Yogurt, Granola
31 Breakfast: Waffles, Fruit, Milk Lunch: <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk Snack: Goldfish, 100% Fruit Juice	<p>* Menu Subject to Change</p> <p style="text-align: right;">This institution is an equal opportunity provider.</p> <div style="text-align: right;">  </div> <p>All Meals Provided by Teach, Learn, Change.</p>			

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast: grain - ½ serving bread or muffin or ¾ cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup **1% plain milk**

Lunch: meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit or vegetable - ¼cup; milk- ¾cup **1% plain milk**

Snack (two of the following): meat/meat alternate - ½oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup **1% plain milk**

*(WG) = Whole Grain