

BREAKFAST MENU

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>HOLIDAY</u>	3 Yogurt 4-oz Bagels 2-oz (1 each) Cream Cheese 1-oz Pineapple Juice 1/2-cup	4 Red. Sugar Frosted Flakes 2-oz Apple Muffin 1.5-oz (1 each) Grape Juice 1/2-cup	5 Cheese Omelet 2-oz (1 each) Biscuit 2-oz (1 each) Assorted Jelly 0.9-gms Pineapple Juice 1/2-cup	6 <u>No School</u>
9 Cinnamon Toast Crunch 2-oz Blueberry Muffin 1.5-oz (1 each) Apple Juice 1/2-cup	10 Yogurt 4-oz English Muffin 2-oz (1 each) Assorted Jelly 0.9-gms Grape Juice 1/2-cup	11 Biscuit 2-oz (1 each) Assorted Jelly 0.9-gms Turkey Sausage 2-oz (1 each) Orange Juice 1/2-cup	12 Apple Pancakes 2-oz(1 each) Syrup 1-oz Turkey Bacon 2-oz (2 slices) Pineapple Juice 1/2-cup	13 Cinnamon Oatmeal 4-oz Turkey Sausage 2-oz (1 each) Apple Juice 1/2-cup
16 <u>HOLIDAY</u>	17 French Toast 2-oz (1 each) Syrup 1-oz Turkey Sausage 2-oz (1 each) Grape Juice 1/2-cup	18 Cheese Omelet 2-oz (1 each) Biscuit 2-oz (1 each) Assorted Jelly 0.9-gms Orange Juice 1/2-cup	19 Red. Sugar Fruit Loops 2-oz Blueberry Muffin 1.5-oz (1 each) Pineapple Juice 1/2-cup	20 Waffle 2-oz (1 each) Syrup 1-oz Turkey Bacon 2-oz (2 slices) Apple Juice 1/2-cup
23 Yogurt 4-oz Bagels 2-oz (1 each) Cream Cheese 1-oz Apple Juice 1/2-cup	24 Red. Sugar Frosted Flakes 2-oz Apple Muffin 1.5-oz (1 each) Grape Juice 1/2-cup	25 French Toast 2-oz (1 each) Syrup 1-oz Turkey Sausage 2-oz (1 each) Orange Juice 1/2-cup	26 Cheese Grits 4-oz Turkey Sausage 2-oz (1 each) Pineapple Juice 1/2-cup	27 Cinnamon Toast Crunch 2-oz Blueberry Muffin 1.5-oz (1 each) Apple Juice 1/2-cup
30 Red. Sugar Fruit Loops 2-oz Blueberry Muffin 1.5-oz (1 each) Apple Juice 1/2-cup	31 Apple Pancakes 2-oz(1 each) Syrup 1-oz Turkey Bacon 2-oz (2 slices) Grape Juice 1/2-cup			
8-oz cartons of skim and 1% plain or flavored milk are offered with each meal.				

Lunch Menu - January 2012

Early Childhood Academy

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>HOLIDAY</u>	3 <u>BBQ Beef</u> BBQ Beef Riblet 3.5-oz Brown Rice 1/2-cup Baked Beans 1/2-cup Collard Greens 1/4-cup Cornbread 1-oz (1/2 piece) Fresh Apple 1/2-cup	4 <u>Chicken Sandwich</u> Breaded Chicken Patty 3.5-oz Whole Grain Roll 2-oz Seasoned Potatoes 1/2-cup Carrots 1/4-cup Mayo/Ketchup pkts 0.9-gms Fresh Orange 1/2-cup	5 <u>Meatballs and Pasta</u> Meatballs in Sauce 3-oz Whole Grain Pasta 1/2-cup Green Beans 1/4-cup Whole Wheat Roll 1.5-oz (1 roll) Fresh Pear 1/2-cup	6 <u>No School</u>
9 <u>Meatloaf</u> Meatloaf 2-oz Roasted Potatoes 1/2-cup Carrots 1/4-cup Whole Wheat Roll 1.5-oz (1 roll) Yellow Banana 1/2-cup	10 <u>Turkey Pot Roast</u> Turkey Pot Roast 3-oz Brown Rice 1/2-cup Green Beans 1/4-cup Cornbread 1-oz (1/2 piece) Fresh Apple 1/2-cup	11 <u>Chicken Parmesan</u> Breaded Chicken 3-oz Whole Grain Pasta 1/2-cup Tomato Sauce 1oz, Cheese .5oz Broccoli 1/4-cup Whole Wheat Roll 1.5-oz (1 roll) Fresh Orange 1/2-cup	12 <u>Chicken Fajitas</u> Chicken Strips 2-oz Spanish Brown Rice 1/2-cup Corn 1/4-cup Vegetarian Beans 1/4-cup 6" Soft Flour Tortilla (1 each) Fresh Pear 1/2-cup	13 <u>Salisbury Steak</u> Salisbury Steak 2-oz Egg Noodles 1/2-cup Spinach 1/4-cup Whole Grain Bread 1-oz (1 slice) 100% Grape Juice 1/2-cup
16 <u>HOLIDAY</u>	17 <u>Chef Salad</u> Turkey 2-oz, Egg 1-oz Cheese 1-oz Romaine Lettuce Mix 1/2-cup Assorted Salad Dressing 0.9-gms Whole Grain Bread 1-oz (1 slice) Fresh Apple 1/2-cup	18 <u>BBQ Chicken</u> BBQ Chicken 2-oz Brown Rice 1/2-cup Collard Greens 1/4-cup Cornbread 1-oz (1/2 piece) Fresh Orange 1/2-cup	19 <u>Cheeseburger</u> Beef Burger 3-oz, Cheese 1-oz Whole Grain Bun 2-oz Ketchup/Mustard Packet 0.9-gms Vegetarian Beans 1/4-cup Potato Wedges 1/2-cup Fresh Pear 1/2-cup	20 <u>Meatballs</u> Meatballs 3-oz, Gravy 1-oz Egg Noodles 1/2-cup Carrots 1/4-cup Whole Grain Bread 1-oz (1 slice) 100% Grape Juice 1/2-cup
23 <u>Turkey Pot Roast</u> Turkey Pot Roast 3-oz Roasted Potatoes 1/2-cup Carrots 1/4-cup Cornbread 1-oz (1/2 piece) Yellow Banana 1/2-cup	24 <u>Teriyaki Chicken</u> Teriyaki Chicken 2-oz Brown Rice 1/2-cup Broccoli 1/4-cup Whole Wheat Roll 1.5-oz (1 roll) Fresh Apple 1/2-cup	25 <u>Pizza</u> Cheese Pizza (1 slice) Romaine Lettuce Mix 1/2-cup Salad Dressing 1-oz Whole Wheat Roll 1.5-oz (1 roll) Fresh Orange 1/2-cup	26 <u>Taco Salad</u> Taco Beef 1-oz, Cheese 1-oz Shredded Lettuce 1/2-cup Corn 1/4-cup Whole Grain Tortilla Chips 1-oz Fresh Pear 1/2-cup	27 <u>Chicken with Honey Dijon</u> Chicken 3-oz, Honey Dijon 1-oz Brown Rice 1/2-cup Spinach 1/4-cup Whole Grain Bread 1-oz (1 slice) 100% Grape Juice 1/2-cup
30 <u>Chicken Sandwich</u> Breaded Chicken Patty 3.5-oz Whole Grain Roll 2-oz Seasoned Potatoes 1/2-cup Broccoli 1/4-cup Mayo/Ketchup pkts 0.9-gms Yellow Banana 1/2-cup	31 <u>Meatball Sub</u> Meatballs in Tomato Sauce 4-oz Whole Grain Sub Roll 2-oz Pasta Salad 1/2-cup Green Beans 1/4-cup Fresh Apple 1/2-cup			

Portion Control: Daily serving size for fruit, vegetables and beans are at least 1/4 cup. At least one serving of a 100% whole grain is served daily

Milk Varieties: 8 fluid ounces of flavored and unflavored 1% fat and unflavored fat-free milk is offered to each child daily

SNACK MENU

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>HOLIDAY</u>	3 Graham Crackers 1-oz (2 pkts) 100% Juice (6-oz)	4 Carrots Sticks 3/4 cup Ranch Dressing 0.9-gms Fat-Free Chocolate Milk (8-oz)	5 String Cheese 1-oz 100% Juice (6-oz)	6 <u>No School</u>
9 Yogurt 4-oz 100% Juice (6-oz)	10 Apple Cereal Bar 1-oz Fat-Free Chocolate Milk (8-oz)	11 Lorne Doone (1.1-oz) 100% Juice (6-oz)	12 Carrots Sticks 3/4 cup Ranch Dressing 0.9-gms Fat-Free Chocolate Milk (8-oz)	13 Blueberry Muffin 2-oz 100% Juice (6-oz)
16 <u>HOLIDAY</u>	17 Graham Crackers 1-oz (2 pkts) 100% Juice (6-oz)	18 Carrots Sticks 3/4 cup Ranch Dressing 0.9-gms Fat-Free Chocolate Milk (8-oz)	19 String Cheese 1-oz 100% Juice (6-oz)	20 Fresh Fruit 3/4-cup Fat-Free Chocolate Milk (8-oz)
23 Yogurt 4-oz 100% Juice (6-oz)	24 Apple Cereal Bar 1-oz Fat-Free Chocolate Milk (8-oz)	25 Lorne Doone (1.1-oz) 100% Juice (6-oz)	26 Carrots Sticks 3/4 cup Ranch Dressing 0.9-gms Fat-Free Chocolate Milk (8-oz)	27 Blueberry Muffin 2-oz 100% Juice (6-oz)
30 Vanilla Wafers (1.1-oz) Fat-Free Chocolate Milk (8-oz)	31 Graham Crackers 1-oz (2 pkts) 100% Juice (6-oz)			