



	Monday 1/2/23	Tuesday 1/3/23	Wednesday 1/4/23	Thursday 1/5/23	Friday 1/6/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE STICKS PLUMS *MILK	WHOLE GRAIN MAPLE OATMEAL PEACHES *MILK	MULTI GRAIN CHEESE TOAST CINNAMON APPLESAUCE *MILK	TURKEY SAUSAGE TATOR TOTS BLUEBERRIES *MILK	MULTI GRAIN CHEERIOS RASBERRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MINI PIZZA ENRICHED MUFFIN MOZZARELLA CHEESE PEAR HALVES WATER	YOGURT WG QUAKER RICE CRISPS WATER	WHOLE WHEAT WAFFLE APRICOTS WATER	EGG & SPINACH OMELETTE SLICED APPLES WATER	ENRICHED CREAM OF WHEAT WARMED PEACHES WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	https://files.constantcontact.com/e5582ed6201/f136efb4-67d3-4135-af22-7d78d72349a4.pdf GROUND TURKEY CREAMY WILD RICE PINEAPPLE TIDBITS BABY CARROTS *MILK	CHICKEN NUGGETS WHOLE WHEAT PASTA SALAD FRUIT COCKTAIL GREEN BEANS *MILK	NATIONAL SPAGHETTI DAY BEEF MEATBALLS WHOLE GRAIN SPAGHETTI ORANGE SLICES BROCOLLI * MILK	EXTRA CHEESE QUESADILLA WHOLE GRAIN QUESADILLA PEACHES SWEET PEPPER STRIPS *MILK	STEAK FINGERS WHOLE WHEAT ROLL COLLARD GREENS SWEET POTATO FRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES GROOVY GRAPES SWEET PEAS *MILK	BAKED FISH FILLET ENRICHED HUSH PUPPY HONEYDEW MELON STEAMED ZUCHINNI * MILK	CHEESEY-CHEESEBURGER WHOLE WHEAT BUN BAKED BEANS TRI COLOR COLESLAW * MILK	HOT TURKEY & SWISS SUB WHOLE WHEAT SUB ROLL FRUIT COCKTAIL TOSSED SALAD *MILK	SOUTHWEST CHICKEN QUESADILLA ENRICHED TORTILLA ORANGE SLICES CHUNKY SALSA * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN CRACKERS STRAWBERRIES WATER	ROAST BEEF & CHEESE PINWHEELS WHOLE GRAIN TORTILLA ORANGE SLICES WATER	WHOLE GRAIN SUNCHIPS 100% BERRY JUICE WATER	WHOLE GRAIN SESAME STICKS PEARS WATER	COTTAGE CHEESE CRUSHED PINEAPPLE WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



	Monday 1/9/23	Tuesday 1/10/23	Wednesday 1/11/23	Thursday 1/12/23	Friday 1/13/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	NATIONAL APRICOT DAY WHOLE WHEAT PANCAKES SAUSAGE LINKS WARMED APRICOTS *MILK	WHOLE WHEAT MINI BAGEL PEANUT/SOY/WOW BUTTER BANANAS *MILK	ENRICHED GRITS GRILLED PEACHES *MILK	WHOLE GRAIN ENGLISH MUFFIN HASHBROWNS *MILK	WHOLE WHEAT TOAST EGG OMELET BLUEBERRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN TRISCUIT CRACKERS BOILED EGG HALVES WATER	WHOLE GRAIN RICE CAKE CELERY STICKS W/RANCH WATER	PUMPKIN SPICE PARFAIT LOW FAT YOGURT ENRICHED GRAHAM CRACKERS PUMPKIN SPICE PUREE WATER	ENRICHED PRETZELS STRAWBERRIES WATER	ENRICHED BISCUITS W/GRAVY SAUSAGE PATTY ORANGE SLICES WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF STICKS WHOLE WHEAT ROLL MANDARIN ORANGES POTATO SALAD *MILK	TERIYAKI SHRIMP ENRICHED FRIED RICE HONEYDEW MELON STIR FRY VEGETABLES *MILK	BBQ PORK SLIDERS WHOLE WHEAT MINI BUNS PINEAPPLE SLICES ROASTED CARROTS * MILK	NATIONAL CURRIED CHICKEN DAY CURRIED CHICKEN SALAD ENRICHED PITA BREAD KIWI SLICES SWEET PEAS *MILK	HOMEMADE MAC AND CHEESE ENRICHED NOODLES FRUIT COCKTAIL SUMMER SQUASH *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	LETTUCE WRAP TACO GROUND CHICKEN ENRICHED BROWN RICE MANGO CHUNCKS ZESTY CORN *MILK	EXTRA CHEESE PIZZA WHOLE WHEAT PIZZA CRUST WATERMELON CHUNKS ROASTED BEETS * MILK	BLACK BEAN BURGER WHOLE WHEAT BURGER BUN SWEET PEAS FRENCH FRIES * MILK	BAKED FISH FILET ENRICHED HUSH PUPPY MANGO CHUNKS ROASTED KALE *MILK	GROUND TURKEY ENRICHED RICE PILAF GREEN & RED BELL PEPPERS LIMA BEANS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN SALTINE CRACKERS HM CHICKEN NOODLE SOUP WATER	ENRICHED ANIMAL CRACKERS CRUSHED PINEAPPLE WATER	ENRICHED RITZ CRACKERS CHEDDAR CHEESE CUBES WATER	WHOLE WHEAT BREAD EGG SALAD WATER	PEANUT/SOY/WOW BUTTER GREEN APPLE SLICES WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
TWO COMPONENTS					
* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



	Monday 1/16/23	Tuesday 1/17/23	Wednesday 1/18/23	Thursday 1/19/23	Friday 1/20/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE WARMED BLUEBERRY COMPOTE *MILK	https://www.cacfp.org/2022/11/23/breakfast-on-a-stick/ BREAKFAST ON A STICK WHOLE WHEAT PANCAKES STRAWBERRIES *MILK	ENRICHED ENGLISH MUFFIN DICED PLUMS *MILK	ENRICHED OATMEAL RASPBERRIES *MILK	ENRICHED GRITS BAKED PEACHES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT PIZZA PITA (MOZZARELLA, PEPPERONI) WATER	ENRICHED GRITS SAUSAGE LINKS WATER	BIRD'S NEST TOAST WHOLE WHEAT BREAD EGGS WATER	YOGURT PARFAIT LOW FAT YOGURT WHOLE GRAIN CHEERIOS BLUEBERRIES WATER	SCRAMBLED EGGS ROASTED POTATO WEDGES WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GREEN LENTILS WHOLE GRAIN TACO SHELLS GROOVY GRAPES BABY CARROTS *MILK	FISH FILET SANDWICH WHOLE GRAIN BUN TOSSED SALAD FRENCH FRIES *MILK	ROASTED HAM SLIDERS ENRICHED HAWAIIAN ROLL PINEAPPLE CHUNKS GREEN BEANS * MILK	ENRICHED FRENCH BREAD SAVORY TUNA FISH GROOVY GRAPES SWEET PEAS *MILK	HEALTHY CHICKEN N WAFFLES BAKED CHICKEN WHOLE GRAIN WAFFLES CINNAMON APPLESAUCE GRILLED VEGETABLES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN ALFREDO WHOLE GRAIN PASTA HONEYDEW MELON OVEN ROASTED BRUSSEL SPROUTS *MILK	BEEF CHEESEBURGER WHOLE GRAIN BUN APRICOTS ROASTED CAULIFLOWER * MILK	EXTRA CHEESE PIZZA WHOLE WHEAT PIZZA CRUST PEACHES GRILLED VEGETABLES * MILK	ORANGE CHICKEN LO-MEIN WHOLE GRAIN NOODLES KIWI SLICES BROCCOLI *MILK	EXTRA CHEESE RAVIOLI WHOLE WHEAT RAVIOLI STRAWBERRIES ROASTED CARROTS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED ANIMAL CRACKERS PLUMS WATER	WG TORTILLA CHIPS CHUNKY VEGGIE SALSA WATER	WHOLE GRAIN CHEEZ-ITS CINNAMON APPLESAUCE WATER	ENRICHED CHEERIOS SLICED BANANAS WATER	WHOLE WHEAT CRACKERS VEGETABLE SOUP WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



	Monday 1/23/23	Tuesday 1/24/23	Wednesday 1/25/23	Thursday 1/26/23	Friday 1/27/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CHICKEN BISUIT FRUIT COCKTAIL *MILK	ENRICHED CREAM OF WHEAT APRICOTS *MILK	WHOLE GRAIN FRENCH TOAST TATOR TOTS *MILK	WHOLE GRAIN CEREAL RASPBERRIES *MILK	ENRICHED GRITS GRILLED PEACHES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN RICE CAKES STRAWBERRIES WATER	ENRICHED PITA POCKET HUMMUS/SHREDDED CARROTS WATER	WHOLE GRAIN BAGEL BLUEBERRIES WATER	BREAKFAST TORTILLA WHOLE GRAIN TORTILLA SCRAMBLED EGGS HOME MADE VEGGIE SALSA WATER	https://www.cacfp.org/2022/11/23/pizza-kebab/ PIZZA KEBAB WHOLE WHEAT PITA BREAD MOZZARELLA CHEESE WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	https://www.cacfp.org/2022/11/23/chicken-broccoli-sheet-pan/ ASIAN CHICKEN & BROCCOLI ENRICHED BROWN RICE ORANGE SLICES CARROT STICKS *MILK	BLACK BEAN & VEGGIE QUESADILLA BLACK BEANS WHOLE WHEAT TORTILLA FRUIT COCKTAIL ROASTED BEETS *MILK	SPINACH SALAD HARD BOILED EGG WHOLE GRAIN BREADSTICKS APRICOT HALVES TOMATO SOUP * MILK	SAVORY TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL MANGO SLICES SWEET PEAS *MILK	GRILLED CHEESE TOAST EXTRA CHEDDAR CHEESE WHOLE GRAIN BREAD APPLE SLICES SAUTEED GREEN BEANS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE MAC AND CHEESE WHOLE WHEAT NOODLES BAKED APPLES SWEET PEAS *MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL CANTALOUPE OVEN BAKED KALE * MILK	EXTRA CHEESE QUESADILLA WHOLE WHEAT TORTILLA ORANGE SLICES REFRIED PINTO BEANS * MILK	BAKED FISH FILLET WHOLE WHEAT ROLL APPLE RAISIN SALAD CORN ON THE COB *MILK	BEEF BURRITO BOWL ENRICHED BROWN RICE WATERMELON SHAPES HOMEMADE PICO DE GALLO * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	COTTAGE CHEESE MIXED BERRIES WATER	ENRICHED ANIMAL CRACKERS DICED PEACHES WATER	WHOLE GRAIN CRACKERS STRAWBERRIES WATER	WHOLE GRAIN PITA CHIPS FRUIT SALSA WATER	WHOLE GRAIN SUNCHIPS 100% BERRY JUICE WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



	Monday 1/30/23	Tuesday 1/31/23			
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT BAGEL PEACHES *MILK	ENRICHED SAUSAGE BISCUIT HASHBROWNS *MILK			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT PANCAKES PEARS WATER	https://www.cacfp.org/2022/02/09/grocers-banana-oat-squares/ ENRICHED OATS BANANAS WATER			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	NATIONAL CROISSANT DAY HAM & CHEESE ENRICHED CROISSANT STRAWBERRIES BROCCOLI SLAW *MILK	BEEF STEW WHOLE WHEAT BREAD ORANGE SLICES CREAMED CORN *MILK			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TURKEY CHILI ENRICHED CORNBREAD MUFFIN CUCUMBER & TOMATO SALAD TROPICAL FRUIT SALAD *MILK	SMOTHERED CHICKEN WHOLE WHEAT ROLL HONEY GLAZED CARROTS GREEN BEANS * MILK			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED ANIMAL CRACKERS PLUMS WATER	ENRICHED SALTINE CRACKERS SAVORY TUNA SALAD WATER			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.					