




	Monday 1/2/23	Tuesday 1/3/23	Wednesday 1/4/23	Thursday 1/5/23	Friday 1/6/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE STICKS PLUMS *MILK  <input type="checkbox"/> Whole Grain	WHOLE GRAIN MAPLE OATMEAL PEACHES *MILK  <input type="checkbox"/> Whole Grain	MULTI GRAIN CHEESE TOAST CINNAMON APPLESAUCE *MILK  <input type="checkbox"/> Whole Grain	TURKEY SAUSAGE TATOR TOTS BLUEBERRIES *MILK  <input type="checkbox"/> Whole Grain	MULTI GRAIN CHEERIOS RASBERRIES *MILK  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<a href="https://files.constantcontact.com/e5582ed6201/f136efb4-67d3-4135-af22-7d78d72349a4.pdf">https://files.constantcontact.com/e5582ed6201/f136efb4-67d3-4135-af22-7d78d72349a4.pdf</a> GROUND TURKEY CREAMY WILD RICE PINEAPPLE TIDBITS BABY CARROTS *MILK  <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS WHOLE WHEAT PASTA SALAD FRUIT COCKTAIL GREEN BEANS *MILK  <input type="checkbox"/> Whole Grain	<b>NATIONAL SPAGHETTI DAY</b> BEEF MEATBALLS WHOLE GRAIN SPAGHETTI ORANGE SLICES BROCOLLI * MILK  <input type="checkbox"/> Whole Grain	EXTRA CHEESE QUESADILLA WHOLE GRAIN QUESADILLA PEACHES SWEET PEPPER STRIPS *MILK  <input type="checkbox"/> Whole Grain	STEAK FINGERS WHOLE WHEAT ROLL COLLARD GREENS SWEET POTATO FRIES *MILK  <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN PITA CHIPS FRUIT SALSA  WATER  <input type="checkbox"/> Whole Grain	FRUIT & VEGGIE CUPS CARROT STICKS PINEAPPLE STICKS WATER   <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS RASPBERRIES  WATER  <input type="checkbox"/> Whole Grain	FRUIT PIZZA LOWFAT YOGURT WHOLE GRAIN BAGEL BLUEBERRIES/STRAWBERRIES WATER  <input type="checkbox"/> Whole Grain	<b>NATIONAL BEAN DAY</b> WHOLE GRAIN CHIPS BEAN DIP  WATER  <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<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
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	FRUIT & VEGGIE CUPS ENRICHED PRETZELS CUCUMBER STICKS PINEAPPLE STICKS WATER	HUMMUS WRAP WHOLE WHEAT TORTILLA SPINACH WATER	WHOLE GRAIN TRAIL MIX WHEAT CHEX, RAISINS WATER	WHOLE GRAIN SUNCHIPS BROCCOLI & CHEESE SOUP WATER	<a href="https://www.cacfp.org/2022/11/23/pizza-kebab/">https://www.cacfp.org/2022/11/23/pizza-kebab/</a> 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
<b>TWO COMPONENTS</b>	<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 1/16/23	Tuesday 1/17/23	Wednesday 1/18/23	Thursday 1/19/23	Friday 1/20/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE WARMED BLUEBERRY COMPOTE *MILK	<a href="https://www.cacfp.org/2022/11/23/breakfast-on-a-stick/">https://www.cacfp.org/2022/11/23/breakfast-on-a-stick/</a> 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
<b>LUNCH</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ROASTED SWEET POTATO STICKS WATERMELON SLICES WATER	CRISPY ROASTED CHICKPEAS WHOLE GRAIN CRACKERS WATER	GRILLED CHICKEN & SPINACH WHOLE WHEAT TORTILLA WRAP WATER	<b>NATIONAL POPCORN DAY</b> SMART POPCORN GREEN APPLE SLICES WATER	WHOLE GRAIN TRAIL MIX WHOLE WHEAT CHEX, RAISINS 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 1/23/23	Tuesday 1/24/23	Wednesday 1/25/23	Thursday 1/26/23	Friday 1/27/23
<b>BREAKFAST</b> 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<a href="https://www.cacfp.org/2022/11/23/chicken-broccoli-sheet-pan/">https://www.cacfp.org/2022/11/23/chicken-broccoli-sheet-pan/</a> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PITA CHIPS CRISPY ROASTED CHICKPEAS WATER	ENRICHED GRAHAM CRACKERS BANANA SLICES WATER	WHOLE WHEAT CHEESE TOAST CELERY STICKS WATER	FRUIT & VEGGIE CUPS ENRICHED PRETZELS CUCUMBER STICKS PINEAPPLE STICKS WATER	YOGURT WHOLE GRAIN RICE CRISPS WATER
<b>TWO COMPONENTS</b>	<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			
<b>BREAKFAST</b> 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<b>NATIONAL CROISSANT DAY</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN RICE CAKES CINNAMON APPLESAUCE  WATER	FISH SWIMMING IN SOUP ENRICHED GOLDFISH TOMATO SOUP  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
<b>TWO COMPONENTS</b>					
<i>* 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.</i>					