




	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
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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN PITA CHIPS FRUIT SALSA WATER	FRUIT & VEGGIE CUPS CARROT STICKS PINEAPPLE STICKS WATER	ENRICHED GRAHAM CRACKERS RASPBERRIES WATER	FRUIT PIZZA LOWFAT YOGURT WHOLE GRAIN BAGEL BLUEBERRIES/STRAWBERRIES WATER	NATIONAL BEAN DAY WHOLE GRAIN CHIPS BEAN DIP 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
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
* 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
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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	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	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
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 CHUNCKS 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
* 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					



	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 <input type="checkbox"/> Whole Grain	https://www.cacfp.org/2022/11/23/breakfast-on-a-stick/ BREAKFAST ON A STICK WHOLE WHEAT PANCAKES STRAWBERRIES *MILK <input type="checkbox"/> Whole Grain	ENRICHED ENGLISH MUFFIN DICED PLUMS *MILK <input type="checkbox"/> Whole Grain	ENRICHED OATMEAL RASPBERRIES *MILK <input type="checkbox"/> Whole Grain	ENRICHED GRITS BAKED PEACHES *MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GREEN LENTILS WHOLE GRAIN TACO GROOVY GRAPES BABY CARROTS *MILK <input type="checkbox"/> Whole Grain	FISH FILET SANDWICH WHOLE GRAIN BUN TOSSED SALAD FRENCH FRIES *MILK <input type="checkbox"/> Whole Grain	ROASTED HAM SLIDERS ENRICHED HAWAIIAN ROLL PINEAPPLE CHUNKS GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	ENRICHED FRENCH BREAD SAVORY TUNA FISH GROOVY GRAPES SWEET PEAS *MILK <input type="checkbox"/> Whole Grain	HEALTHY CHICKEN N WAFFLES BAKED CHICKEN WHOLE GRAIN WAFFLES CINNAMON APPLESAUCE GRILLED VEGETABLES *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ROASTED SWEET POTATO STICKS WATERMELON SLICES *MILK <input type="checkbox"/> Whole Grain	CRISPY ROASTED CHICKPEAS WHOLE GRAIN CRACKERS *MILK <input type="checkbox"/> Whole Grain	GRILLED CHICKEN & SPINACH WHOLE WHEAT TORTILLA WRAP *MILK <input type="checkbox"/> Whole Grain	NATIONAL POPCORN DAY SMART POPCORN GREEN APPLE SLICES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN TRAIL MIX WHOLE WHEAT CHEX, RAISINS *MILK <input type="checkbox"/> Whole Grain
TWO COMPONENTS	WATER <input type="checkbox"/> Whole Grain	WATER <input type="checkbox"/> Whole Grain	WATER <input type="checkbox"/> Whole Grain	WATER <input type="checkbox"/> Whole Grain	WATER <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 <input type="checkbox"/> Whole Grain	BEEF CHEESEBURGER WHOLE GRAIN BUN APRICOTS ROASTED CAULIFLOWER * MILK <input type="checkbox"/> Whole Grain	EXTRA CHEESE PIZZA WHOLE WHEAT PIZZA CRUST PEACHES GRILLED VEGETABLES * MILK <input type="checkbox"/> Whole Grain	ORANGE CHICKEN LO-MEIN WHOLE GRAIN NOODLES KIWI SLICES BROCOLLI *MILK <input type="checkbox"/> Whole Grain	EXTRA CHEESE RAVIOLI WHOLE WHEAT RAVIOLI STRAWBERRIES ROASTED CARROTS * MILK <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				



	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 <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT APRICOTS *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN FRENCH TOAST TATOR TOTS *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN CEREAL RASPBERRIES *MILK <input type="checkbox"/> Whole Grain	ENRICHED GRITS GRILLED PEACHES *MILK <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 <input type="checkbox"/> Whole Grain	BLACK BEAN & VEGGIE QUESADILLA BLACK BEANS WHOLE WHEAT TORTILLA FRUIT COCKTAIL ROASTED BEETS *MILK <input type="checkbox"/> Whole Grain	SPINACH SALAD HARD BOILED EGG WHOLE GRAIN BREADSTICKS APRICOT HALVES TOMATO SOUP * MILK <input type="checkbox"/> Whole Grain	SAVORY TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL MANGO SLICES SWEET PEAS *MILK <input type="checkbox"/> Whole Grain	GRILLED CHEESE TOAST EXTRA CHEDDAR CHEESE WHOLE GRAIN BREAD APPLE SLICES SAUTEED GREEN BEANS *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED PITA CHIPS CRISPY ROASTED CHICKPEAS WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS BANANA SLICES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE TOAST CELERY STICKS WATER <input type="checkbox"/> Whole Grain	FRUIT & VEGGIE CUPS ENRICHED PRETZELS CUCUMBER STICKS PINEAPPLE STICKS WATER <input type="checkbox"/> Whole Grain	YOGURT WHOLE GRAIN RICE CRISPS WATER <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 SWEAT PEAS *MILK <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS WHOLE WHEAT ROLL CANTALOUPE OVEN BAKED KALE * MILK <input type="checkbox"/> Whole Grain	EXTRA CHEESE QUESADILLA WHOLE WHEAT TORTILLA ORANGE SLICES REFRIED PINTO BEANS * MILK <input type="checkbox"/> Whole Grain	BAKED FISH FILLET WHOLE WHEAT ROLL APPLE RAISIN SALAD CORN ON THE COB *MILK <input type="checkbox"/> Whole Grain	BEEF BURRITO BOWL ENRICHED BROWN RICE WATERMELON SHAPES HOMEMADE PICO DE GALLO * MILK <input type="checkbox"/> Whole Grain
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	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
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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	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
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
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