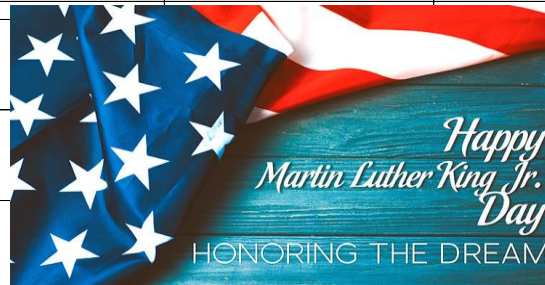


The Children's Center JANUARY 2023 Menu

One and Older Chef's Choice

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
CLOSED	Breakfast: Cheerios, Honey Dew Melon, Milk	Breakfast: Chicken Sausage Link, Peaches, Milk	Breakfast: Breakfast Pizza, pears, Milk	Breakfast: Kix, pineapple, Milk
	Lunch: Pulled Chicken BBQ whole grain roll, corn, Spinach*, Milk	Lunch: Fish Nuggets, broccoli*, Sweet Potato Nuggets, Milk and Whole Grain Roll	Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie**, Milk	Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk
	Snack: Whole grain cheez its, sliced apples, water	Snack: Whole grain Tortilla with Cream Cheese, Milk	Snack: Cantaloupe & Ritz Crackers and water	Snack: Chips and Salsa, Milk
9	10	11	12	13
Breakfast: Hot Biscuit, peaches, Milk	Breakfast: Kix, pineapple, Milk	Breakfast: Chicken sausage links, **chef's choice fruit**, Milk _____	Breakfast: Pancakes, applesauce, sugar free syrup, Milk	Breakfast: Oatmeal, pineapple, Milk
Lunch: Chicken and rice casserole, peas, **chef's choice fruit**, Whole grain roll, Milk _____	Lunch: Meatballs on whole grain roll, tropical fruit , ^green beans, Milk	Lunch: Chili, applesauce, whole grain roll and Milk	Lunch: Grilled chicken patty on bun, corn, peas, Milk	Lunch: Swai fillet w/lemon pepper, yams*, Spinach*, whole grain roll, Milk
Snack: Whole grain cheez its and Milk	Snack: Tortilla Pizza, water	Snack: Vanilla yogurt, peaches and water	Snack: Apple Slices and saltines and water	Snack: Strawberry Yogurt Snack Mix and Milk
16	17	18	19	20
CLOSED	Breakfast: Waffles, pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, pears, Milk	Breakfast: Cream of Wheat, applesauce, Milk
Martin Luther King Jr. Day Holiday	Lunch: Cheese Omelet, hash browns, pears, wheat biscuit and Milk	Lunch: Spaghetti w/meat sauce on whole grain noodles, **chef's choice veggie** Cantaloupe and Milk _____	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk	Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk
	Snack: Mandarin Oranges and Milk	Snack: Warm wheat biscuit, *chef's choice fruit* & water _____	Snack: Tortilla with Cream Cheese, Milk	Snack: Cheese sandwich, pineapple and water
23	24	25	26	27
Breakfast: Oatmeal, pears, and Milk	Breakfast: Kix, mandarin oranges, Milk	Breakfast: Chicken Sausage links , pineapple, Milk	Breakfast: Waffles, bananas, Milk	Breakfast: French toast chef's choice fruit and Milk _____
Lunch: Turkey sub on whole grain bun, w/ lettuce and *tomato, tater tots w/ketchup and Milk	Lunch: Chicken Spaghetti Bake, peas, **chef's choice veggie** and Milk	Lunch: Swai fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk _____	Lunch: Meatball sub on whole grain bun, pears, *Spinach, Milk	Lunch: Macaroni and cheese , ^green beans, yams* and Milk
Snack: Apple Slices and saltines and water	Snack: String Cheese and Milk	Snack: Pears and Milk	Snack: Gold fish and Milk	Snack: whole grain cheeze its, mandarin oranges and water
30	31			
EHS AND HS CLOSED	POLICY COUNCIL			
Breakfast: Cheese toast, applesauce, and Milk	Breakfast: Vanilla Yogurt, pineapple and Milk			
Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and Milk	Lunch: Cheese Ravioli with Mozz Cheese, peaches, broccoli* and Milk			
Snack: Pears and Milk	Snack: Strawberry Yogurt Snack Mix and Milk			



* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All Milk is low fat - Individualized Menus will be sent separately.

"This institution is an equal opportunity provider and employer"

*Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods