



BEGINNINGS AND BEYOND ~ JANUARY 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	3 W.G. Kix Cereal Peaches Milk	4 Raisin Toast/Butter Pineapple Milk	5 Waffles/Pure Maple Syrup Grapes Milk	6 English Muffin/Butter Oranges Milk	7 Rice Chex Cereal Banana Milk
<b>LUNCH</b>	OMG Chicken Dinner Roll Mashed Potatoes Applesauce Milk	Baked Tilapia Fillets Orzo Pasta Peas and Carrots Mixed Fruit Milk	Chicken Stroganoff Buttered Egg Noodles Mixed Vegetables Pears Milk	Meatballs in Brown Gravy W.G. Cous Cous Carrots Peaches Milk	Turkey Noodle Dinner (Gr.Turkey,Pasta) Peas and Carrots Applesauce Milk
<b>SNACK</b>	Pretzel Sticks 100% Apple or Cran/Grape Juice	W.G. Brown Rice Cakes 100% Apple or Cran/Grape Juice	W.G. Wheat Thin Crackers 100% Apple or Cran/Grape Juice	Texas Trash 100% Apple or Cran/Grape Juice	W.G. Wheat Thin Crackers 100% Apple or Cran/Grape Juice
<b>BREAKFAST</b>	10 W.G. Golden Porridge (oatmeal) Pineapple Milk	11 W.G. Crunchy Oat Squares Banana Milk	12 Pancakes/Pure Maple Syrup Oranges Milk	13 Buttermilk Biscuit/Butter Grapes Milk	14 W.W. Toast/Butter Applesauce Milk
<b>LUNCH</b>	Inside Out Chicken Pot Pie (Chicken, Veg, Biscuits) Mixed Fruit Milk	Turkey Meatloaf Italian Bread Slices Carrots Pears Milk	Tasty Chicken Tenders W.W. Bread Triangles Broccoli Peaches Milk	Simple Salisbury Steak Mixed Vegetables Brown Rice Pineapple Milk	Homemade Mac 'N Cheese Green Beans Mixed Fruit Milk
<b>SNACK</b>	Yogurt Graham Crackers Water	Mini Raisin Bagel 100% Apple or Cran/Grape Juice	Tortilla Chips/Mild Salsa Water	Chex Mix (Rice & Wheat Chex,Raisins) 100% Apple or Cran/Grape Juice	H.M. Garlicky Breadsticks Tomato Sauce Dip Water
<b>BREAKFAST</b>	17 <b>CENTERS CLOSED</b>  <b>--MARTIN LUTHER KING DAY--</b>	18 Buttered Mini Bagel Oranges Milk  <b>BREAKFAST FOR LUNCH</b> Scrambled Eggs Pop's Potatoes Whole Wheat Toast Pears Milk  Banana Whip Graham Crackers Water	19 W.G. Golden Porridge (Oatmeal) Peaches Milk  Crispy Baked Fish Rice Peas and Carrots Applesauce Milk  Pretzel Logs 100% Apple or Cran/Grape Juice	20 Buttered Raisin toast Pineapple Milk  Tasty Chicken Tenders Cauliflower Dinner Roll Mixed Fruit Milk  W.G. Wheat Thin Crackers 100% Apple or Cran/Grape Juice	21 W.G. Kix Cereal Banana Milk  Homemade Cheese Pizza Broccoli Pears Milk  Goldfish Crackers 100% Apple or Cran/Grape Juice
<b>BREAKFAST</b>	24 Corn Chex Cereal Banana Milk	25 Corn Chex Cereal Applesauce Milk	26 Corn Muffin Grapes Milk	27 W.G Kix Cereal Pears Milk	28 Buttered Buttermilk Biscuits Banana Milk
<b>LUNCH</b>	W.G. Pizza Casserole (Gr.Beef,W.G. Pasta) Broccoli Grapes Milk	All Natural Turkey Hot Dogs Hot Dog Bun Baked Beans Pineapple Milk	Grilled Cheese on Whole Wheat Bread Mixed Vegetables Mixed Fruit Milk	Beef Burger Goulash Cauliflower Dinner Roll Oranges Milk	Pasta with Tomato Sauce Meatballs Green Beans Peaches Milk
<b>SNACK</b>	Animal Crackers 100% Apple or Cran/Grape Juice	W.G. Brown Rice Cakes 100%Apple or Cran/Grape Juice	Teddy Bites (Teddy Grahams, Pretzels, Raisins) 100% Apple or Cran/Grape Juice	Tortilla Chips Salsa Water	W.G. Crunchy Oat Squares 100% Apple or Cran/Grape Juice
<b>BREAKFAST</b>	31 English Muffin Pineapple Milk				
<b>LUNCH</b>	Baked Tilapia Filets Peas and Carrots Mixed Fruit W.W. Bread Slices Milk				
<b>SNACK</b>	Teddy Bites (Teddy Grahams, Pretzels, Raisins) 100% Apple or Cran/Grape Juice				

Please note that if your child cannot eat any of the items on our menu due to allergies, beliefs, or food preferences, you must provide the meals for your child for that particular day. We are unable to provide alternative foods due to the time schedule and the large number of children we serve. We appreciate your understanding! Thank you!