

January

2022



Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
03 Cereal Banana Milk ^{1*}	04 Hard Boiled Eggs ² Pancake ¹²³⁶ Pineapple Milk ^{1*}	05 Whole Wheat Pita Bread ³⁶ Low-fat Cream Cheese ¹ Melon Milk ^{1*}	06 Oatmeal ¹ Raisins Orange Milk ^{1*}	07 Cereal Melon Milk ^{1*}
10 Cereal Banana Milk ^{1*}	11 Turkey Sausage Patty Whole grain waffle ¹²³⁶ Pineapple Milk ^{1*}	12 Yogurt ¹ Melon Milk ^{1*}	13 Oatmeal ¹ Raisins Orange Milk ^{1*}	14 Cereal Orange Milk ^{1*}
17 CLOSED	18 Cereal Banana Milk ^{1*}	19 Hard Boiled Eggs ² Pancake ¹²³⁶ Melon Milk ^{1*}	20 Whole Wheat Pita Bread ³⁶ Low-fat Cream Cheese ¹ Orange Milk ^{1*}	21 Oatmeal ¹ Raisins Melon Milk ^{1*}
24 Cereal Orange Milk ^{1*}	25 Turkey Sausage Patty Whole grain waffle ¹²³⁶ Melon Milk ^{1*}	26 Yogurt ¹ Banano Milk ^{1*}	27 Oatmeal ¹ Raisins Pineapple Milk ^{1*}	28 Cereal Melon Milk ^{1*}
31 Cereal Banana Milk ^{1*}	01 Turkey Sausage Pancake ¹²³⁶ Orange Milk ^{1*}	02 Whole Wheat Pita Bread ³⁶ Low-fat Cream Cheese ¹ Melon Milk ^{1*}	03 Oatmeal ¹ Raisins Pineapple Milk ^{1*}	04 Cereal Melon Milk ^{1*}

Notes: This menu is subject to change


Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷ Lentils

*Milk: 1 yr-old children (Unflavored Whole Milk)
2-5 yrs-old (Unflavored 1% Milk)

This institution is an equal opportunity provider

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
03 Garbanzo Fried Rice w/ peas & carrots ⁵ Cucumber Salad Brown Rice Apple Milk* ¹	04 Chicken and Vegetables Lo Mein ³ Green Salad Orange Milk* ¹	05 Bean Tacos ⁵ Lettuce and Cheese ¹ Whole Wheat Tortilla ³⁶ Pineapple Milk* ¹	06 Chicken Stew w/ Zucchini and Carrots Quinoa/ Barley ³ Melon Milk* ¹	07 Beef Bolognesa w/ Diced Tomatoes Whole Wheat Pasta ³ Banana Milk* ¹
10 Lentils w/ carrots & spinach ⁷ Brown rice Apple Leche * ¹	11 Beef and Vegetables Lo Mein ³ Green Salad Pineapple Milk* ¹	12 Chicken Legs Sweet potato Whole Wheat Roll ³⁶ Melon Milk* ¹	13 Vegetarian Chili w/ corn, peppers & tomatoes ⁵ Brown rice Orange Milk* ¹	14 Chicken Paella w/ Green Beans Brown Rice Melon Milk* ¹
17 CLOSED	18 Black Beans ⁵ Green Salad Apple Milk* ¹	19 Chicken Legs Sweet potato Whole Wheat Roll ³⁶ Pineapple Milk* ¹	20 International Day 	21 Chicken Pesto Pata w/ tomatoes, cheese & spinach ¹³ Green Salad Melon Milk* ¹
24 Lentils w/ carrots & spinach ⁷ Brown rice Apple Leche * ¹	25 Beef Bolognesa w/ Diced Tomatoes Whole Wheat Pasta ³ Melon Milk* ¹	26 Chicken Legs Sweet potato Whole Wheat Roll ³⁶ Orange Milk* ¹	27 Vegetarian Chili w/ tomatoes, peppers & corn ⁵ Brown rice Banana Milk* ¹	28 Chicken and Vegetables Lo Mein ³ Green Salad Pineapple Milk* ¹
31 Chickpea curry ⁵ Green Salad Brown Rice Apple Milk* ¹	01 Baked Penne Pasta ¹³ Beef ,Cheese w/ Diced Tomatoes Green Salad Whole Wheat Pasta ³ Melon Milk* ¹	02 Bean Tacos ⁵ Lettuce and Cheese ¹ Whole Wheat Tortilla ³⁶ Banana Milk* ¹	03 Chicken Stew w/ Zucchini and Carrots Quinoa/ Barley ³ Pineapple Milk* ¹	04 Tuna Fried Rice w/ peas & carrots ⁴ Green Salad Orange Milk* ¹

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2-5 yrs-old (Unflavored 1% Milk)

Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
03	04	05	06	07
Pretzels ³ Melon	Graham Crackers ³⁶ Pineapple	Yogurt ¹ Banana	Bread with Cheese ¹³⁶	WG Goldfish ¹³ Orange
10	11	12	13	14
Apple Muffin ¹²³⁶ Melon	WG Goldfish ¹³ Orange	Bread with Cheese ¹³⁶	Graham Crackers ³⁶ Pineapple	Yogurt ¹ Banana
17	18	19	20	21
CLOSED	Graham Crackers ³⁶ Banana	Bread with Cheese and Turkey Ham ¹³⁶	Apple Muffin ¹²³⁶ Melon	Cheese ¹ Orange
24	25	26	27	28
Pretzels ³ Melon	Cheese ¹ Pineapple	Graham Crackers ³⁶ Orange	Bread with Cheese ¹³⁶	Yogurt ¹ Melon
31	01	02	03	04
WG Goldfish ¹³ Melon	Cheese ¹ Banana	WW Animal Crackers ³⁶ Orange	Yogurt ¹ Melon	Apple Muffin ¹²³⁶ Pineapple

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Snack