



JANUARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Yogurt & Fresh Fruit Ham Sandwich Sweet Potato Fries & Fruit Animal Crackers Chicken Sticks Corn & Fresh Fruit	4 Pancakes & Fresh Fruit Bean & Cheese Tacos Carrots & Fresh Fruit Graham Crackers Chicken Alfredo Peas & Fruit	Scrambled Eggs & Fruit Turkey Wraps Sweet Potato Fries & Fruit Cheese Crackers Beef & Star Pasta Green Beans & Fruit	6 Oatmeal & Fresh Fruit Chicken Salad Corn & Fresh Fruit Gold Fish Fish Sticks Carrots & Fresh Fruit	7 Cheerios & Banana Macaroni & Cheese Side Salad & Fresh Fruit Honey Nut Cheerios Pepperoni Pizza Corn & Fresh Fruit
10 Yogurt & Fresh Fruit Chicken Nuggets Peas & Fresh Fruit Animal Crackers Spaghetti & Meat Sauce Side Salad & Fresh Fruit	11 French Toast & Fresh Fruit Grilled Cheese Broccoli & Fresh Fruit Graham Crackers Chicken Penne Pasta Corn & Fresh Fruit	12 Scrambled Eggs & Fruit Turkey Sandwiches Sweet Potato Fries & Fruit Cheese Crackers Chicken & Rice Peas & Fresh Fruit	13 Oatmeal & Fruit Chicken Noodle Soup Side Salad & Fresh Fruit Gold Fish Chicken Quesadillas Corn and Fresh Fruit	14 Cheerios & Banana Beef Ravioli Peas & Fresh Fruit Honey Nut Cheerios Pepperoni Pizza Corn & Fresh Fruit
17 Yogurt & Fresh Fruit Ham Sandwich Sweet Potato Fries & Fruit Animal Crackers Chicken Sticks Carrots & Fresh Fruit	18 Pancakes & Fresh Fruit Bean & Cheese Tacos Carrots & Fresh Fruit Graham Crackers Chicken Alfredo Peas & Fresh Fruit	19 Scrambled Eggs & Fruit Turkey Wraps Sweet Potato Fries & Fruit Cheese Crackers Beef & Star Pasta Green Beans & Fruit	20 Oatmeal & Fresh Fruit Chicken Salad Corn & Fresh Fruit Gold Fish Fish Sticks Carrots & Fresh Fruit	21 Cheerios & Banana Macaroni & Cheese Side Salad & Fresh Fruit Honey Nut Cheerios Pepperoni Pizza Corn & Fresh Fruit
24 Yogurt & Fresh Fruit Chicken Nuggets Peas & Fresh Fruit Animal Crackers Spaghetti & Meat Sauce Side Salad & Fresh Fruit	25 French Toast & Fresh Fruit Grilled Cheese Broccoli & Fresh Fruit Graham Crackers Chicken Penne Pasta Corn & Fresh Fruit	26 Scrambled Eggs & Fruit Turkey Sandwiches Sweet Potato Fries & Fruit Cheese Crackers Chicken & Rice Peas & Fresh Fruit	27 Oatmeal & Fresh Fruit Chicken Noodle Soup Side Salad & Fresh Fruit Gold Fish Chicken Quesadillas Corn and Fresh Fruit	28 Cheerios & Banana Beef Ravioli Peas & Fresh Fruit Honey Nut Cheerios Pepperoni Pizza Corn & Fresh Fruit
31 Yogurt & Fresh Fruit Ham Sandwich Sweet Potato Fries & Fruit Animal Crackers Chicken Sticks Carrots & Fresh Fruit				

Happy New Year! Join us and try making your own hot chocolate with your little one(s).

Homemade Hot Chocolate

- 1 cup milk or milk substitute
- 1 tbsp cocoa powder
- 1 tbsp maple syrup
- 1/4 tsp vanilla extract
- pinch of salt

Combine all ingredients into a saucepan and stir with a whisk to break apart the cocoa. Heat until desired temperature

then pour into a mug and enjoy! This pairs excellent with the following one ingredient whipped cream.

Bonus Recipe:

One Ingredient Whipped Cream

- 1 cup of cold heavy cream

Place cream in a chilled mixing bowl. Whip on high until stiff peaks form. Use immediately or refrigerate.

*Breakfast, Lunch, & PM Snack, & Dinner are all served with milk.

*Whole milk is served to children ages 1 to 2 years. Low-fat milk is served to children over 2.

*Water is available with every meal & throughout the day.

*Fruit selection is based on seasonal availability.