

# JANUARY MENU 2019 – FROM THE HEART

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>* Menu Subject to Change</b></p> <p>This institution is an equal opportunity provider.</p>	<p>1</p> 	<p>2</p> <p><b>Breakfast:</b> Multi Grain Cheerios, Fruit, Milk  <b>Lunch:</b> Meatball Sub Meatballs, WG Sub Roll, Waffle Fries, Fruit, Milk  <b>Snack:</b> Graham Crackers, Milk</p>	<p>3</p> <p><b>Breakfast:</b> Bagel, Fruit, Milk  <b>Lunch:</b> Teriyaki Chicken            Chicken, WG Brown Rice, Peas &amp; Carrots, Fruit, Milk  <b>Snack:</b> Goldfish, Fruit</p>	<p>4</p> <p><b>Breakfast:</b> Rice Krispies, Fruit, Milk  <b>Lunch:</b> Chicken Salad Chicken, WG Pita Bread, Salad, Fruit, Milk  <b>Snack:</b> Pretzels, 100% Fruit Juice</p>
<p>7</p> <p><b>Breakfast:</b> Waffles, Fruit, Milk  <b>Lunch:</b> Chili            Ground Turkey, Kidney Beans, WG Brown Rice, Fruit, Milk  <b>Snack:</b> Cheez Its, Fruit</p>	<p>8</p> <p><b>Breakfast:</b> Rice Chex, Fruit, Milk  <b>Lunch:</b> Tacos            Ground Turkey, Shredded Lettuce, Corn, WG Corn Tortilla, Fruit, Milk  <b>Snack:</b> WG Wheat Thins, Cheese Cubes</p>	<p>9</p> <p><b>Breakfast:</b> French Toast Sticks, Fruit, Milk  <b>Lunch:</b> BBQ Slider Beef Slider, WG Bun, Tater Tots, Fruit, Milk  <b>Snack:</b> Yogurt, Fruit</p>	<p>10</p> <p><b>Breakfast:</b> Pancake, Fruit, Milk  <b>Lunch:</b> Spaghetti &amp; Meatballs            Meatball, WG Pasta, Broccoli, Fruit, Milk  <b>Snack:</b> Ritz, String Cheese</p>	<p>11</p> <p><b>Breakfast:</b> Corn Chex, Fruit, Milk  <b>Lunch:</b> Hawaiian Chicken            Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk  <b>Snack:</b> Chex Mix, 100% Fruit Juice</p>
<p>14</p> <p><b>Breakfast:</b> Bagel, Fruit, Milk  <b>Lunch:</b> Sloppy Joes            Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk  <b>Snack:</b> Goldfish, 100% Fruit Juice</p>	<p>15</p> <p><b>Breakfast:</b> Kix, Fruit, Milk  <b>Lunch:</b> Chicken Taco            Chicken, WG Corn Tortilla, Shredded Lettuce, Pinto Beans, Fruit, Milk  <b>Snack:</b> Yogurt, Fruit</p>	<p>16</p> <p><b>Breakfast:</b> Rice Krispies, Fruit, Milk  <b>Lunch:</b> Asian Chicken Salad            Chicken, Salad Greens, WG Pita Bread, Fruit, Milk  <b>Snack:</b> Animal Crackers, Milk</p>	<p>17</p> <p><b>Breakfast:</b> Biscuit, Fruit, Milk  <b>Lunch:</b> Penne Pasta            Ground Turkey, WG Pasta, Corn, Fruit, Milk  <b>Snack:</b> Pretzels, Fruit</p>	<p>18</p> <p><b>Breakfast:</b> Life Cereal, Fruit, Milk  <b>Lunch:</b> Turkey Sandwich            Sliced Turkey, WG Bread, Cucumber, Fruit, Milk  <b>Snack:</b> Ritz Crackers, Carrot Sticks</p>
<p>21</p> <p><b>Breakfast:</b> WG Cheerios, Fruit, Milk  <b>Lunch:</b> Chicken Alfredo            Chicken, WG Pasta, Green Beans, Fruit, Milk  <b>Snack:</b> Yogurt, WG Graham Cracker</p>	<p>22</p> <p><b>Breakfast:</b> Corn Flakes, Fruit, Milk  <b>Lunch:</b> Salisbury Steak            Patty, WG Dinner Roll, Corn, Fruit, Milk  <b>Snack:</b> Cheez Its, 100% Fruit Juice</p>	<p>23</p> <p><b>Breakfast:</b> Pancake, Fruit, Milk  <b>Lunch:</b> BBQ Pulled Chicken            Chicken, WG Bun, Baked Beans, Fruit, Milk  <b>Snack:</b> String Cheese, Ritz Crackers</p>	<p>24</p> <p><b>Breakfast:</b> Life Cereal, Fruit, Milk  <b>Lunch:</b> Enchilada Pie            Ground Turkey, WG Corn Tortillas, Refried Beans, Fruit, Milk  <b>Snack:</b> WG Wheat Thins, Cheese Cubes</p>	<p>25</p> <p><b>Breakfast:</b> Multi Grain Cheerios, Fruit, Milk  <b>Lunch:</b> Teriyaki Chicken            Chicken, WG Brown Rice, Peas &amp; Carrots, Fruit, Milk  <b>Snack:</b> Yogurt, Fruit</p>
<p>28</p> <p><b>Breakfast:</b> Rice Chex, Fruit  <b>Lunch:</b> Meatball Sub            Meatball, WG Sub Roll, Broccoli, Fruit, Milk  <b>Snack:</b> Cheez Its, 100% Fruit Juice</p>	<p>29</p> <p><b>Breakfast:</b> French Toast Sticks, Fruit, Milk  <b>Lunch:</b> Chicken Caesar Salad            Chicken, Romaine Lettuce, WG Pita Bread, Fruit, Milk  <b>Snack:</b> Animal Crackers, Yogurt</p>	<p>30</p> <p><b>Breakfast:</b> English Muffin, Fruit, Milk  <b>Lunch:</b> Spaghetti            Ground Turkey, WG Pasta, Green Beans, Fruit, Milk  <b>Snack:</b> Goldfish, Fruit</p>	<p>31</p> <p><b>Breakfast:</b> Kix, Fruit, Milk  <b>Lunch:</b> Chicken Taco            Chicken, WG Corn Tortilla, Shredded Lettuce, Pinto Beans, Fruit, Milk  <b>Snack:</b> Milk, Graham Crackers</p>	<p><b>All Meals Provided By Teach, Learn, Change</b></p> 

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

**Breakfast:** grain - ½ serving bread or muffin or 1/3 cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup 1% plain milk  
**Lunch:** meat/meat alternate - 1 ½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit - ¼cup; milk- ¾cup 1% plain milk  
**Snack (two of the following):** meat/meat alternate - ½oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup 1% plain milk  
 \*(WG) = Whole Grain