

January

2018

Calendar Month

Calendar Year



Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
01 Closed	02 Closed	03 Oatmeal w/ toppings ¹ Cantaloupe Milk	04 Whole wheat cheerios Pineapple Milk	05 Black Beans ⁵ Cheese ¹ Strawberries Leche
08 Chilaquiles ² Whole wheat bread ³⁶ Banana Milk	09 Oatmeal w/ toppings ¹ Pineapple Milk	10 Banana muffin ¹²³ Low fat yogurt ¹ Melon Milk	11 Whole wheat cheerios Honeydew Milk	12 Hard Boiled Eggs ² Whole wheat bread ³⁶ Pear Milk
15 Closed	16 Scrambled eggs w/spinach ² Whole wheat bread ³⁶ Pineapple Milk	17 Oatmeal w/ toppings ¹ Melon Milk	18 Whole wheat cheerios Cantaloupe Milk	19 Black Beans ⁵ Cheese ¹ Orange Leche
22 Scrambled eggs w/spinach ² Whole wheat bread ³⁶ Banana Milk	23 Oatmeal w/ toppings ¹ Orange Milk	24 Banana muffin ¹²³ Low fat yogurt ¹ Honeydew Milk	25 Whole wheat cheerios Strawberries Milk	26 Hard Boiled Eggs ² Whole wheat bread ³⁶ Pineapple Milk
29 Turkey Sausage Whole grain waffle ³ Banana Milk	30 Oatmeal w/ toppings ¹ Honeydew Milk	31 Blueberry muffin ¹²³ Low fat yogurt ¹ Cantaloupe Milk		

Notes: This menu is subject to change. **Green:** Local Produce



BREAKFAST

¹Dairy, ²Egg, ³Gluten, ⁴Seafood, ⁵Beans, ⁶Soy, ⁷Lentils, ⁸Peppers

January

2018

Calendar Month

Calendar Year



Monday	Tuesday	Wednesday	Thursday	Friday
01 Closed	02 Closed	03 Lentil Sweet potato Stew ⁷ Cheese Sandwich ¹³ Tangerine Milk	04 Beef w/ cabbage Brown rice Melon Milk	05 Baked Chicken Legs Green Beans Whole wheat roll ³ Orange Milk
08 Bolognese ⁷ Whole wheat pasta ³ Green salad Apple Milk	09 BBQ Chicken Whole wheat roll ³ Corn with peppers ⁸ Orange Milk	10 Fried rice w/ fish ⁴ Broccoli Pear Milk	11 International Day Brazil	12 Greek Pasta Salad ¹³ Carrots Banana Milk
15 Closed	16 Vegetarian Chili ⁵ Brown rice Green Salad Melon Milk	17 Chicken Stew Barley/Quinoa ³ Green Beans Pear Milk	18 Asparagus Tuna Casserole ¹³⁴ Orange Milk	19 Baked Chicken Legs Green Beans Whole wheat roll ³ Apple Milk
22 Black Beans ⁵ Brown rice Sweet potato Apple Milk	23 Chicken Stir Fry w/ carrots Barley/Quinoa ³ Tangerine Milk	24 Cheese Sandwich ¹³⁶ Mariana Dip Green Salad Orange Milk	25 Beef Bolognese Whole wheat pasta ³ Green Salad Melon Milk	26 Hawaiian Chicken Whole wheat tortilla ¹²³ Carrots Pear Milk
29 Vegetarian Chow Mein ³⁶ Green Salad Apple Milk	30 Paella/ Chicken Green Salad Tangerine Milk	31 Enchiladas ¹⁵ Green Salad Strawberries Milk		

Notes: This menu is subject to change. **Green:** Local Produce



LUNCH

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Lentils, ⁸Peppers