

PreK-Grade 8

JANUARY 2018 Child Nutrition Program



Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL 1	French Toast Sticks, 2.5 oz 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup 2	Primary Design Pancake Wrapped Turkey Sausage 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 3	ZEEB ZEEB Oatmeal Cocoa Chip Bar, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 4	General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 5
Warm Glazed Cinnamon Roll, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 8	Blueberry Loaf, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 9	ZEEB ZEEB Snore's Bar, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 10	Yogurt with Granola, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 11	General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup 12
NO SCHOOL Marlin Luther King Day 15	Warm Croissant, 1 oz Cheese Stick, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup 16	Try Something New Chicken Sausage on Honey Biscuit, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 17	French Toast Sticks, 2.5 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 18	ZEEB ZEEB Oatmeal Cocoa Chip Bar, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 19
Warm Glazed Apple Ball, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 22	Corn Loaf, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 23	ZEEB ZEEB Cinnamon Chip Bar, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 24	Blueberry Pancakes, 2.5 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 25	General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 26
Warm Croissant, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 29	Maple Pancakes, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup 30	Turkey Sausage Tac-Go, 3 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit 31		

1/2 cup Fresh Fruit Options will be offered daily
 MILK is served with every meal.
 Choose 1% White Milk or Fat Free White Milk.
 The ounce value listed equates to the number of grain equivalences.
 ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY
 ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS.

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- (1) mail: U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: programpalms@usda.gov.

This institution is an equal opportunity provider.

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Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL  1	2 Chicken Alfredo Penne Pasta Steamed Broccoli, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk	Southwest Day 3 Nachos with Beef and Cheese Black Bean Salad, $\frac{1}{2}$ cup Roasted Corn, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk	4 Mozzarella Sticks & Chicken Snackers COMBO! Bread Slice Carrot Sticks, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	5 Cheese Pizza Green Pepper Strips, $\frac{1}{2}$ cup Red Pepper Strips, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk
8 Grilled Cheese Sandwich Sweet Potato Fries, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	Taco Tuesday 9 Pork Taco on Soft Shell Shredded Lettuce Roasted Corn, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	Italian Day 10 Chicken Party Parmigiana on Baked Bun Cucumber Coins, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk	11 Warmed Turkey Ham and Cheese Wrap Red Kidney Beans, $\frac{1}{2}$ cup Carrot Sticks, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	12 Homemade Baked Ziti Roasted Broccoli, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk
NO SCHOOL Martha Luther King Day  15	16 Crispy Boneless Pork Chop with Gravy Bread Slice Sweet Potato Fries, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk	Build Your Own Burger 17 Hamburger on Baked Bun American Cheese & Sliced Tomato Baked Vegetarian Beans, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	18 Chicken Patty on Baked Bun Potato Smiles, $\frac{1}{2}$ cup Steamed Broccoli, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	19 UNO CHEESE & SAUCE CHEESE PIZZA Cucumber Coins, $\frac{1}{2}$ cup Steamed Carrots, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk
22 Baked Macaroni & Cheese Sautéed Green Beans, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	Taco Tuesday 23 Chicken Fajita on Soft Shell Potato Smiles, $\frac{1}{2}$ cup Red Pepper Strips, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk	Asian Day 24 BBQ Teriyaki Chicken Seasoned Brown Rice Steamed Broccoli, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk	25 Pork Meatballs & Rellini Pasta Roasted Chickpeas, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	26 Mozzarella Sticks with Marinara Sauce Carrot Sticks, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk
29 Three-Bean Chili Seasoned Brown Rice Steamed Carrots, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk	30 Chicken and Cheese Quesadilla Tomato Salsa Cucumber Coins, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	Try Something New 31 Pulled Pork with Cheddar Cheese On Baked Bun Oven Potato Wedges, $\frac{1}{2}$ cup Red Pepper Strips, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk		

Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches
 American Cheese Sandwiches
 A side salad (1 cup) of leafy dark green vegetable is offered daily.
 $\frac{1}{2}$ cup Fresh Fruit options will be offered daily.
Select a fruit AND/OR vegetable with your sandwich.

You may also choose your choice of milk:
 PreK-8 Participants: Milk is available with every meal. Choose 1% White Milk or Fat Free White Milk daily.
 K-8 Participants ONLY: Fat Free Chocolate milk is available Tuesdays and Thursdays.
ALL GRAIN PRODUCTS ARE WHOLE GRAIN.
ALL FOOD ITEMS MEET USDA: NSLP/SBP REQUIREMENTS.

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