



JANUARY

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day School and Daycare Closed	9 Fish Sticks Vegetable Salad Fruit	10 Macaroni & Cheese Vegetable Salad Fruit
6 Chicken Nuggets Vegetable Salad Fruit	7 Bagel and Spreads String Cheese Vegetable Fruit	8 Pizza Yogurt Vegetable Fruit	16 Fish Sticks Vegetable Salad Fruit	17 Macaroni & Cheese Vegetable Salad Fruit
13 Chicken Nuggets Vegetable Salad Fruit	14 Grilled Cheese Vegetable Salad Fruit	15 Pizza Yogurt Vegetable Fruit	23 Fish Sticks Vegetable Salad Fruit	24 Macaroni & Cheese Vegetable Salad Fruit
20 School / Daycare Closed	21 Bagel and Spreads String Cheese Vegetable Fruit	22 Pizza Yogurt Vegetable Fruit	23 Fish Sticks Vegetable Salad Fruit	24 Tuna & Wheat Bread Vegetable Salad Fruit
27 Chicken Nuggets Vegetable Salad Fruit	28 Grilled Cheese Vegetable Salad Fruit	29 Pizza Yogurt Vegetable Fruit	30 Fish Sticks Vegetable Salad Fruit	31 Macaroni & Cheese Vegetable Salad Fruit

Our menu was reviewed following the CACFP nutrition guidelines and approved by nutritionist Shari Hamgurg MS. The CACFP guidelines indicate food group choices as well as portion sized. Please feel free to send in peanut/tree nut free, kosher options as substitutions or to supplement your child's meal if needed. Breakfast of milk, cereal & fruit is served daily until 8:30am. All snacks provided are whole grain and are accompanied by a fruit or protein.