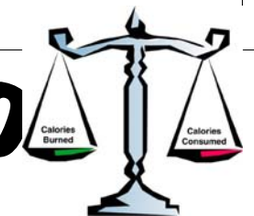
January Menu 2010

Mon	Tues	Wed	Thu	Fri
	5B- Milk 6oz. Honey Nut Cherrios 1 banana L Milk 6 oz. Salisbury Steak c1 brown gravy Wheat bread 1/2 slice Green beans 1/4 c. Fruit Cocktail 1/4 c. S- Teddy Grahams 1 pkg. Orange Juice 4 oz.	6B Milk 6oz. *Beans & cheese 1/4 c. Wheat tortilla 1/2 Orange 1* L-Milk 6oz. , Beef bean burrito 1 chesse 1 peas and carrots 1/4c. Apricots 1/4 c s 4 *S– Milk 4 oz. Fresh Fruit salad 1/2 c* **Thursday's Breakfast will be sent today**	**7 B Milk 6 oz. Rice Krispies 1 banana 1** **L-Milk 6 oz. Meat ball 4 spaghetti w marinara sauce 1/4 c. Fruit cocktail with Jell-O 1/3 Diced Carrot 1/4 c.** **S– Oatmeal Cookie 1 Orange Juice 4 oz..**	8B-Milk 6oz. Whole Wheat Pan Cake 1 , Orange 1 syrup 1 **L–**Milk 6 oz. . Grilled chicken 1 Chicken broth gravy slice buttered broccoli Normandy 1/4 c. pineapple tidbits. 1/4 c. Macaroni with cheese 1/4 c. S- banana 1 Milk 4 oz.
9B 2 B-Milk 6 oz.,,french Toast 1, syrup 1 Diced pears 1/2 L-Milk 6 oz. Fish sticks 3 1/2 c Ketchup 1 L Chicken chicken broth gravy1/2 slice wheat bread RT/MC peas and carrots 1/4c. Apricot 1/4 S-*Orange Juice 4 oz.,* **Tuesday's Breakfast will be sent today**	12 BMilk 6 oz. Honey nut Cherrios 1 banana L-Milk 6 oz. Diced weiner 1/4 c. Wheat hot dog bun 1 mustard 1 ketchup 1 green beans 1/4 c. orange wedges 1/2 S-Oatmeal cookie 1 Orange Juice 4oz. .	13 BMilk 6 oz. Pan Cake syrup 1 diced peaches 1/2 c. L– Milk 6 oz. *.breaded chicken patty 1 white gravy. carrots1/4 c. Country roll 1 Fruit cocktail 1/4 coz. Wheat bread 1/2 sl.* *S– teddy grahams 1 cream cheese 1 . Orange juice 4 oz..* **Thursday's Breakfast will be sent today**	14 B Milk 6 oz. Cherrios 1 banana 1 L-Milk 6 oz. Spaghetti w/ ground beef 1/2 c Peas 1/4c.1/4 c. Fresh Orange 1/2 S-Fresh Pear 1 Milk 4 oz. 	**15** B-Milk 6 oz. French Toast 1 sl Syrup 1 1Golden Apple 1 . turkey bacon 1 L-Milk 6 oz. –Chicken Salad 1/4 c. 1 . Pickle spears 1/4 c. Sliced Apricot 1/4 c. Wheat Crackers 6 . *S– Shredded Motzerlla Cheese 3 tablespoons / corn 1/4 c. mayonnaise 1 Mozzarella cheese 1 tab. Orange Juice 4 oz*
Center's Closed 	19B-Milk 6 oz. Corn Flakes 1 banana 1 L-Italian food -Milk 6oz., Meat balls 4 /w spaghetti with marinara sauce ½ c green beans 1/4 c. **pineapple tidbits** 1/4c. S– *Orange Juice 4 oz, cheese 1/2 slice Wheat bread 1/2 slice*	20B-Milk 6 oz.– Wheat flour tortilla 1 refried beans with cheese 1/4 c. Diced Peaches 1/2 c. **L- Chinese Food Milk 6 oz.** Cubed beef with broccoli 1/2 c. in teriyaki Sauce White Rice 1/4 c. Fresh Orange 1/2 .Thursday's Breakfast will be sent today Nutrition Activity *****Special Thanks to Antonio Ramirez's Mom, Juana Maria Ramirez from Finley Head Start for this Suggestion*** ***Cracker Snowman 1/2 pkg. graham crackers 3 Ritz Crackers 2 pretzel Sticks 5 raisins 1 pkg. cream cheese 1 carrot sliver Milk 4 oz.***	21B-Milk 6 oz., banana 1 Cherrios 1 **L-Mexican Food** Milk 6oz. Ground beef with potatoes 1/2 c Shreded Cheese 1 teaspoon Taco Shell 1 lettuce and tomatoes 1/4 c. Diced Pears 1/4 c. S-. Teddy Grahams .5 oz. Orange Juice 4 oz.	***22Milk 6 oz. Whole Wheat Pan cake 1. Fresh Orange 4 oz. Syrup 1/2*** ***Milk 6 oz. Weiners with pinto beans 1/2c. Apricots with pineapple 1/4 c. Peas 1/4c. Wheat bread 1/2 sl. .*** ***S- Golden Apple 1 s-Milk 4 oz.***
25B-Milk 6oz. Egg/bacon breakfast buddy 1, Fresh Orange 1 **L–**. Milk 6 0z. Ham and Cheese Macaroni 1/2 c. Apricots 1/4 green beans 1/4 c. S- Orange juice 4 oz. Teddy grahams 1 **Tuesday's Breakfast will be sent today**	26B-Milk 6oz. Cherrios Cereal 1, banana 1., Milk 6 oz. Meat Loaf 1.slice with gravy peas and carrots 1/4 c, . Macaroni 1/4 cc fresh Orange 1/2. . *S– Fresh Golden Apple 1/2 Red apple 1/2 Milk 4 0z..*	*27B Milk 6 oz. biscuit 1 melted American Cheese 1/2 slice Red apple 1* *L Milk6 oz. Baked chicken thighs 1 diced carrots 1/4 c. Mexican Rice 1/4 c Diced Pears 1/4 c.* *S– Orange Juice 4 oz. Wheat crackers 6 Water 4 oz.* **Thursday's Breakfast will be sent today**	28B-Milk 6 oz. Corn Flakes 1 banana 1 L--Milk 6oz., ground meat /w potato Wheat bread 1/2 green beans 1/4 c. **pineapple tidbits** 1/4c. S– *Orange Juice 4 oz, Cheddar Goldfish 1 oz. Serve with 1/4 c.*	29Milk 6oz. Refried beans and cheese 1/4 c. Wheat tortilla 1 fresh Orange 1 L Milk 6 oz. Mexican Tostada 1 Refried beans 1/4 c. Cheese 1 tablespoons ground beef 3 tablespoons lettuce and tomato 1/4 c Apricots 1/4 c.. S-Oatmeal Cookie 1 Orange Juice 4 oz.