

Early Learning Center Month: January 2025

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child

	Menu Item	1-2 age	3-5 age	6-12 age			January 1 Wednesday	January 2 Thursday	January 3 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup					Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup			CLOSED	CLOSED	Pears
	Grains (oz eq)	½ s or 1/2 serv (1/2 oz)	½ s or ½ serv (1/2 oz)	-1s or 1 serv (1 oz)					Cheerios Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup					Milk
	Vegetable	1/8 cup	¼ cup	1/2 cup					Green Beans
	Fruit	1/8 cup	¼ cup	¼ cup					Peaches
	Meat/ alternative	1 oz	1 ½ oz	2 oz			CLOSED	CLOSED	Tuna Salad (tuna, mayo, dill)
	Grains (oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)					Whole Wheat Bread
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup			CLOSED	CLOSED	White Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)					Whole Grain Cheddar Goldfish

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Month: January 2025**

	Menu Item	1-2 age	3-5 age	6-12 age	January 6 Monday	January 7 Tuesday	January 8 Wednesday	January 9 Thursday	January 10 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Strawberries	Apple Slices	Pineapple	Applesauce	Mandarin Oranges
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)	Corn Flakes Cereal	Rice Krispies Cereal	Corn Chex Cereal	Whole Wheat Bagels	Kix Cereal
	Add. Food option							Cream Cheese	
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Beets	Peas	Cauliflower	Zucchini	Corn
	Fruit	1/8 cup	¼ cup	¼ cup	Orange Slices	Peaches	Mixed Fruit	Pears	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Sausage Patty Melt (turkey sausage, cheddar cheese, whole grain English muffin)	Tuna Noodle Casserole (Tuna, Cream of Mushroom , Whole Wheat Penne)	Teriyaki Chicken Breast	Cheese Ravioli with Mozzarella Cheese and Tomato Sauce	Diced Chicken with Salsa
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Grain English Muffin	Whole Wheat Penne	Whole Grain Dinner Roll	Ravioli	Whole Wheat Tortilla
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Milk	White Grape Juice	Water	Water	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup				Orange Slices	
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ ser (½ oz)	1 s or serv (1 oz)	Graham Crackers	Pretzels (inf/tods-saltine crackers)	Flatbread and Hummus (garbanzo beans, tahini, olive oil, lemon juice)	Wheat Thin Crackers	Triscuit Crackers and Apple Slices

Early Learning Center
Month: January 2025

	Menu Item	1-2 age	3-5 age	6-12 age	January 13 Monday	January 14 Tuesday	January 15 Wednesday	January 16 Thursday	January 17 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Apple Slices	Strawberries	Mango	Orange Slices
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)	Rice Chex Cereal	Whole Grain Pancakes	Life Cereal	Multi-Grain Cheerios Cereal	Bran Flakes Cereal
	Add. Food option					Light Syrup			
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Green Beans	Mashed Potatoes	Stewed Tomatoes	Carrot Sticks (infants/tods-blanchd)
	Fruit	1/8 cup	¼ cup	¼ cup	Peaches	Pears	Pineapple	Mixed Fruit	Apple Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Meatballs with Tomato Sauce	Chicken Salad (Diced chicken, mayo, dill)	Beef Patty	Macaroni and Cheese (Whole Wheat Macaroni, Cheddar Cheese) HM	English Muffin Pizza (WG English muffin, tomato sauce, mozzarella cheese)
	Grains (oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Grain Slider Roll	Whole Wheat Bread	Whole Wheat Hamburger Bun	Whole Grain Macaroni	Whole Grain English Muffin
	Add. Food option						Ketchup		
Snack	Fluid	½ cup	½ cup	1 cup	Water	Orange Juice	Apple Juice	Milk	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					Bananas
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Multi-grain Club Crackers and Mozzarella Cheese Sticks	Whole Grain Bean and Veggie Crackers	Townhouse Crackers	Wheat Whole Bagels and Pineapple Cream Cheese	Graham Cracker Goldfish

Early Learning Center
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	Menu Item	1-2 age	3-5 age	6-12 age	January 20 Monday	January 21 Tuesday	January 22 Wednesday	January 23 Thursday	January 24 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	CLOSED	Strawberries	Applesauce	Blueberries	Apple Slices
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)		Cheerios Cereal	Whole Grain Waffle Sticks	Life Cereal	Rice Chex Cereal
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup		Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Diced Potatoes	Mixed Vegetables	Lima Beans	Peas
	Fruit	1/8 cup	¼ cup	¼ cup		Orange Slices	Pineapple	Mixed Fruit	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	CLOSED	Baked Fish (Fish, plain bread crumbs)	Chicken and Rice Casserole (Diced chicken, cream of chicken, brown rice)	Tuna Melt (tuna, cheddar cheese, whole grain English muffin, mayo)	Egg Salad (diced hard-boiled egg, light mayo, mustard, dill)
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (½ oz)	1 s or serv (1 oz)		Whole Grain Dinner Roll	Brown Rice	Whole Grain English Muffin	Whole Grain Bread
	Add. Food option					Ketchup			
Snack	Fluid	½ cup	½ cup	1 cup	CLOSED	Milk	Milk	Water	White Grape Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)		Animal Crackers	Whole Grain Cinnamon Raisin Squares	Whole Wheat Pita and Red Pepper Hummus (red peppers, tahini, garbanzo beans, olive oil, garlic)	Cheez-its Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	January 27 Monday	January 28 Tuesday	January 29 Wednesday	January 30 Thursday	January 31 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	Pineapple	Strawberries	Apple Slices	Bananas
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Corn Flakes Cereal	Rice Krispies Cereal	Multi-Grain Cheerios	Whole Grain Croissants	Corn Chex Cereal
	Add. Food option							Butter	
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Diced Potatoes (potatoes, olive oil, oregano)	Lima Beans	Cucumber Slices	Diced Carrots	Lettuce and Tomato
	Fruit	1/8 cup	¼ cup	¼ cup	Peaches	Pears	Mixed Fruit	Pineapple	Orange Slices
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Burger	BBQ Ground Turkey (ground turkey, bbq sauce, ketchup)	Tuna Salad (tuna, light mayo, dill)	Sweet and Sour Chicken	Sliced Turkey
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (½ oz)	1 s or serv 1 (1 oz)	Whole Wheat Hamburger Bun	Whole Wheat Pita Bread	Whole Grain Bread	Whole Grain Slider Roll	Whole Wheat Tortilla
	Add. Food option				Ketchup				Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Apple Juice	Water	Orange Juice	Water
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)	Townhouse Crackers	Baked Soft Pretzels	Triscuit Crackers and Cheddar Cheese Slices	Graham Crackers	Saltine Crackers and Mozzarella Cheese Sticks