







# January

	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Brkfst	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Diced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Mixed Fruit, WG Cheerios	HM or IFF, Cooked Apples, Saltines	HM or IFF, Apricots, Goldfish	HM or IFF, Diced Pears, Club Crackers	HM or IFF, Banana, Graham Cracker
Lunch	Hamburger on WG Bread  SIDES: Carrot Coins Cooked Apple Slices  <i>Happy New Year!</i>	Chicken with Tortilla  SIDES: Black Beans Apricots	Baked Chicken Breast  SIDES: Corn Diced Pears	Hard Boiled Egg & Bread Slice  SIDES: Steamed Broccoli 1/2 Banana 	Toasted Cheese WG Sandwich  SIDES: Steamed Cauliflower Applesauce
PM	HM or IFF, Broccoli, Bread Slice	HM or IFF, Carrot Coins, English Muffin	HM or IFF, Black Beans, Tortilla	HM or IFF, Corn, Graham Cracker	HM or IFF, Broccoli, Goldfish
13					
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Applesauce, WG Cheerios	HM or IFF, Diced Pears, Graham Cracker	HM or IFF, Banana, Goldfish	HM or IFF, Applesauce, Bread Slice	HM or IFF, Sliced Peaches, Club Cracker
Lunch	Yogurt  SIDES: Sweet Potatoes Diced Pears  HM or IFF	Sloppy Joe on WG Bread  SIDES: Calico Beans Mixed Fruit  HM or IFF	Baked Chicken Breast  SIDES: Stir Fry Vegetables Applesauce  <i>Let it Snow</i>	Cottage Cheese  SIDES: Carrot Coins Sliced Peaches  HM or IFF	Sliced Cheese & Bread Slice  SIDES: Steamed Green Beans Mandarin Oranges  HM or IFF
PM	HM or IFF, Mixed Fruit, Graham Cracker	HM or IFF, Carrot Coins, Bread Slice	HM or IFF, Calico Beans, English Muffin	HM or IFF, Stir fry Veggies, Goldfish	HM or IFF, Carrot Coins, Tortilla
20- SJW & HG ONLY					
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
AM	HM or IFF, Mandarin Oranges, Bagel	HM or IFF, Applesauce, Crackers	HM or IFF, Diced Pears, Saltines	HM or IFF, Mandarin Oranges, Graham Cracker	HM or IFF, Diced Pears, WG Cheerios
Lunch	Baked Chicken Breast  SIDES: Steamed Peas Applesauce  HM or IFF 	Soft Shell Beef Taco on WG Tortilla  SIDES: Refried Beans Diced Pears  HM or IFF	Cottage Cheese  SIDES: Island Vegetables Mandarin Oranges  HM or IFF	Diced Chicken  SIDES: Steamed Green Beans Mixed Fruit  HM or IFF	Yogurt  SIDES: Glazed Carrots Diced Peaches  HM or IFF
PM	HM or IFF, Green Beans, WG Cheerios	HM or IFF, Peas, English Muffin	HM or IFF, Refried Beans, Tortilla	HM or IFF, Island Veggies, Bread Slice	HM or IFF, Green Beans, Goldfish
CATHOLIC SCHOOLS WEEK					
27					
Brkfst	IFC or Yogurt Pineapple Tidbits & HM or IFF	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Diced Peaches, Saltines	HM or IFF, Applesauce, Graham Cracker	HM or IFF, Pineapple Tidbits, Slice of Bread	HM or IFF, Mixed Fruit, Goldfish	HM or IFF, Banana, Graham Cracker
Lunch	WG French Toast Sticks & Sausage Patty  SIDES: Triangle Potato Applesauce  HM or IFF	Yogurt  SIDES: Roasted Squash Pineapple Tidbits  HM or IFF 	Sliced Cheese & Bread Slice  SIDES: Baked Beans Mixed Fruit  HM or IFF	Chicken and Gravy over Mashed Potatoes  SIDES: Mashed Potatoes 1/2 Banana  HM or IFF	Cottage Cheese  SIDES: Carrot Coins Diced Pears  HM or IFF 
PM	HM or IFF, Carrot Coins, Slice of Bread	HM or IFF, Diced Peaches, Club Crackers	HM or IFF, Roasted Squash, Tortilla	HM or IFF, Carrot Coins, Cheerios	HM or IFF, Mixed Fruit, Goldfish

\*Menu Subject to Change Without Notice

IFC- Iron Fortified Cereal

HM - Human Milk

IFF - Iron Fortified Formula