


January 2024 Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman)

Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
	Closed for Winter Break	Closed for Winter Break	Closed for Winter Break	Closed for Winter Break	Closed for Winter Break
					
7	8	9	10	11	12
	Main Entrees <ul style="list-style-type: none"> • Macaroni and Cheese • Breadstick • Shredded Cheddar Cheese Alternate Entrees <ul style="list-style-type: none"> • Yogurt, Cheese & Cracker Fun Lunch Sides for All Meals <ul style="list-style-type: none"> • Fruit Cocktail • Corn Milk & Condiments <ul style="list-style-type: none"> • 1% Low-fat Milk • Skim Milk 	Main Entrees <ul style="list-style-type: none"> • Classic Four Cheese Pizza Sides for All Meals <ul style="list-style-type: none"> • Fresh Whole Fruit • Spinach & Romaine Salad • Ranch Dressing • Golden Italian Dressing Milk & Condiments <ul style="list-style-type: none"> • 1% Low-fat Milk • Skim Milk 	Main Entrees <ul style="list-style-type: none"> • Sunbutter & Grape Jelly Sandwich Sides for All Meals <ul style="list-style-type: none"> • Chilled Peaches • Tater Tots Milk & Condiments <ul style="list-style-type: none"> • 1% Low-fat Milk • Skim Milk 	Main Entrees <ul style="list-style-type: none"> • Chicken Nuggets • Whole Grain Dinner Roll Alternate Entrees <ul style="list-style-type: none"> • Vegan Chic'n Nuggets • Whole Grain Dinner Roll Sides for All Meals <ul style="list-style-type: none"> • Fresh Banana • Boston Baked Beans Milk & Condiments <ul style="list-style-type: none"> • 1% Low-fat Milk • Skim Milk 	No Service
14	15	16	17	18	19
	Closed for Martin Luther King Jr. Day	No School- Winter Weather Closure	No School- Winter Weather Closure	Main Entrees <ul style="list-style-type: none"> • Fresh Baked Whole Grain Biscuit • Boneless Chicken Wings with Honey BBQ Sauce Alternate Entrees <ul style="list-style-type: none"> • Vegan Chic'n Nuggets • Whole Grain Dinner Roll Sides for All Meals <ul style="list-style-type: none"> • Fresh Banana • Seasoned Corn Milk & Condiments <ul style="list-style-type: none"> • 1% Low-fat Milk • Skim Milk 	Main Entrees <ul style="list-style-type: none"> • Shredded Mozzarella Cheese • Penne Pasta • Marinara Sauce • Beef Meatballs Sides for All Meals <ul style="list-style-type: none"> • Blueberries • Frozen Strawberries • Seasoned Zucchini Milk & Condiments <ul style="list-style-type: none"> • Low Fat Lactose-Free Milk • Skim Milk
21	22	23	24	25	26
	Main Entrees <ul style="list-style-type: none"> • Classic Hamburger Alternate Entrees <ul style="list-style-type: none"> • Veggie Burger Sides for All Meals <ul style="list-style-type: none"> • Sliced Fresh Apples • Seasoned Broccoli Florets Milk & Condiments <ul style="list-style-type: none"> • 1% Low-fat Milk • Skim Milk 	Main Entrees <ul style="list-style-type: none"> • Soft Flour Tortilla • Beef Taco Meat Sides for All Meals <ul style="list-style-type: none"> • Shredded Cheddar Cheese • Shredded Romaine Lettuce Alternate Entrees <ul style="list-style-type: none"> • Soft Flour Tortilla • Mexican Style Refried Beans • Low Fat Sour Cream • Shredded Cheddar Cheese • Shredded Romaine Lettuce Sides for All Meals <ul style="list-style-type: none"> • Fresh Whole Fruit • Seasoned Corn Milk & Condiments <ul style="list-style-type: none"> • 1% Low-fat Milk • Skim Milk 	Main Entrees <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks Alternate Entrees <ul style="list-style-type: none"> • Sunbutter & Grape Jelly Sandwich Sides for All Meals <ul style="list-style-type: none"> • Chilled Peaches • Tater Tots Milk & Condiments <ul style="list-style-type: none"> • 1% Low-fat Milk • Skim Milk 	Main Entrees <ul style="list-style-type: none"> • Whole Grain Dinner Roll • Chicken Tenders Alternate Entrees <ul style="list-style-type: none"> • Vegan Chic'n Nuggets • Whole Grain Dinner Roll Sides for All Meals <ul style="list-style-type: none"> • Fresh Whole Fruit • Cinnamon Glazed Carrots Milk & Condiments <ul style="list-style-type: none"> • 1% Low-fat Milk • Skim Milk 	No Service

28**29**

- Main Entrees
- **Breadstick**
 - **Breaded Chicken Drumstick**
 - **Mashed Potatoes**
 - **Seasoned Yellow Squash**
- Sides for All Meals
- Sliced Fresh Apples
 - Yellow Squash
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

30

- Main Entrees
- **Classic Four Cheese Pizza**
- Sides for All Meals
- Chilled Peaches
 - Golden Italian Dressing
 - Ranch Dressing
 - Spinach & Romaine Salad
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

31

- Main Entrees *
- **Classic Hamburger**
- Alternate Entrees
- **Sunbutter & Grape Jelly Sandwich**
- Sides for All Meals
- Fresh Whole Fruit
 - Hash Brown Patty
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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January 2024 Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman)

Breakfast

MONDAY

1

Closed for Winter Break

TUESDAY

2

Closed for Winter Break

WEDNESDAY

3

Closed for Winter Break

THURSDAY

4

Closed for Winter Break

FRIDAY

5

Closed for Winter Break

8

Breakfast

- **Cinnamon French Toast**
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Pear
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

9

Breakfast

- **Whole Grain Blueberry Muffin**
 - Low Fat Mozzarella String Cheese
- Sides for All Meals
- Red Delicious Apple Halved
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

10

Breakfast

- **Whole Grain Waffles**
 - Strawberry Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

11

Breakfast

- **Cheerios Cereal**
 - Low Fat Mozzarella String Cheese
- Sides for All Meals
- Blueberries
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

12

No Service

15

Closed for Martin Luther King Jr. Day

16

No School- Winter Weather Closure

17

No School- Winter Weather Closure

18

Breakfast

- **Corn Chex Cereal**
 - Low Fat Mozzarella String Cheese
- Sides for All Meals
- Blueberries
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

19

Breakfast

- **Strawberry Jam**
 - **Cream Cheese**
 - **Bagel**
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

22

Breakfast

- **Whole Grain Waffles**
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Pear
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

23

Breakfast

- **Whole Grain Apple Cinnamon Muffin**
 - Low Fat Mozzarella String Cheese
- Sides for All Meals
- Red Delicious Apple Halved
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

24

Breakfast

- **Pancakes**
 - Strawberry Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

25

Breakfast

- **Corn Chex Cereal**
 - Low Fat Mozzarella String Cheese
- Sides for All Meals
- Blueberries
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

26

No Service

29

Breakfast

- **Cinnamon French Toast**
 - Vanilla Yogurt
- Sides for All Meals
- Fresh Pear
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

30

Breakfast

- **Whole Grain Blueberry Muffin**
 - Low Fat Mozzarella String Cheese
- Sides for All Meals
- Red Delicious Apple Halved
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

31

Breakfast


- **Whole Grain Waffles**
 - Strawberry Yogurt
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk



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January 2024 Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman)

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed for Winter Break	2 Closed for Winter Break	3 Closed for Winter Break	4 Closed for Winter Break	5 Closed for Winter Break
8 Snack • Whole Grain Cheez-It Crackers • Fresh Broccoli Florets	9 Snack • Cranberry Granola • Raspberry Rainbow Yogurt	10 Snack • Pretzel Heartzels • Celery Sticks with Hummus	11 Snack • Cinnamon Goldfish Graham Crackers • Sliced Cucumbers	12 No Service
15 Closed for Martin Luther King Jr. Day	16 No School- Winter Weather Closure	17 No School- Winter Weather Closure	18 Snack • Bug Bites Graham Crackers • Fresh Carrots	19 Snack • Cinnamon Goldfish Graham Crackers • Strawberry Banana Bash Yogurt
22 Snack • Whole Grain Cheez-It Crackers • Sliced Cucumbers	23 Snack • Cheddar Goldfish • Carrot & Celery Sticks	24 Snack • Pretzel Heartzels • Sliced Fresh Apples	25 Snack • Cinnamon Goldfish Graham Crackers • Raspberry Rainbow Yogurt	26 No Service
29 Snack • Tostitos Tortilla Chips • Salsa	30 Snack • Low Fat Mozzarella String Cheese • Fresh Red Seedless Grapes	31 Snack • Cheddar Goldfish Crackers • Sliced Cucumbers		

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