

January 2023 Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman)

Breakfast

SUNDAY	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	6 Closed for Winter Break
8	9 Breakfast • Whole Grain Waffles • Fresh Pear • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk • Syrup	10 Breakfast • Whole Grain Apple Cinnamon Muffin • Low Fat Mozzarella String Cheese • Red Delicious Apple Halved • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk	11 Breakfast • Pancakes • Fresh Banana • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk • Syrup	12 Breakfast • Cheerios Cereal • Triple Cherry Yogurt • Blueberries • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk	13 Breakfast • Cream Cheese • Strawberry Jam • Bagel • Fresh Whole Fruit • Low Fat Mozzarella String Cheese • Fresh Banana • 1% Low-fat Milk • Skim Milk
15	16 Closed for Martin Luther King Jr. Day	17 Breakfast • Whole Grain Blueberry Muffin • Low Fat Mozzarella String Cheese • Red Delicious Apple Halved • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk	18 Breakfast • Pancakes • Fresh Banana • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk • Syrup	19 Breakfast • Corn Chex Cereal • Strawberry Banana Bash Yogurt • Fresh Red and Green Seedless Grapes • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk	20 No Service
22	23 Breakfast • Whole Grain Waffles • Fresh Pear • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk • Syrup	24 Breakfast • Whole Grain Apple Cinnamon Muffin • Low Fat Mozzarella String Cheese • Red Delicious Apple Halved • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk	25 Breakfast • Pancakes • Fresh Banana • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk • Syrup	26 Breakfast • Cheerios Cereal • Triple Cherry Yogurt • Blueberries • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk	27 No Service
29	30 Breakfast • Whole Grain French Toast Sticks • Fresh Pear • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk • Syrup	31 Breakfast • Whole Grain Blueberry Muffin • Low Fat Mozzarella String Cheese • Red Delicious Apple Halved • Fresh Whole Fruit • Skim Milk • 1% Low-fat Milk			

Price List Breakfast Price: \$1.75, Reduced Breakfast: \$0.30, Lunch Price: \$2.75, Reduced Lunch: \$0.40, Just a Milk: \$0.60

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Lunch

SUNDAY	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	6 Closed for Winter Break
8	9 Main Entrees • Cheese Pizza Alternate Entrees • Gardenburger on Whole Grain Sides for All Meals • Chilled Peaches • Steamed Broccoli Florets Milk & Condiments • 1% Low-fat Milk • Skim Milk	10 Main Entrees • Seasoned Turkey Taco Meat • Soft Flour Tortilla • Shredded Cheddar Cheese • Salsa • Low Fat Sour Cream • Shredded Romaine Lettuce Alternate Entrees • Mexican Style Refried Beans • Soft Flour Tortilla Sides for All Meals • Sliced Fresh Apples • Seasoned Corn Milk & Condiments • 1% Low-fat Milk • Skim Milk	11 Main Entrees • BBQ Sauce • Diced Chicken • Whole Grain Dinner Roll Alternate Entrees • Cheesy Italian Pull Apart • Marinara Sauce Sides for All Meals • Chilled Diced Pears • Savory Green Beans Milk & Condiments • 1% Low-fat Milk • Skim Milk	12 Main Entrees • Roasted Turkey • Chicken Gravy • Whole Grain Dinner Roll Alternate Entrees • Vegan Chic'n Nuggets • Breadstick Sides for All Meals • Unsweetened Applesauce • Mashed Potatoes Milk & Condiments • 1% Low-fat Milk • Skim Milk	13 Main Entrees • Shredded Mozzarella Cheese • Penne Pasta • Marinara Sauce • Beef Meatballs Alternate Entrees • Sunbutter & Banana Roll Up Sides for All Meals • Fresh Whole Fruit • Fresh Celery Sticks Milk & Condiments • Low Fat Lactose-Free Milk • Skim Milk
15	16 Closed for Martin Luther King Jr. Day	17 Main Entrees • Classic American Cheeseburger Alternate Entrees • Gardenburger on Whole Grain Sides for All Meals • Unsweetened Applesauce • Seasoned Corn Milk & Condiments • 1% Low-fat Milk • Skim Milk	18 Main Entrees • Stuffed Crust Cheese Pizza Alternate Entrees • Turkey and Cheese Sandwich Sides for All Meals • Chilled Peaches • Lettuce and Spinach Salad Milk & Condiments • 1% Low-fat Milk • Skim Milk	19 Main Entrees • Whole Grain Waffle • Vanilla Yogurt • Syrup Alternate Entrees • Gardenburger on Whole Grain Sides for All Meals • Fresh Banana • Hash Brown Patty Milk & Condiments • 1% Low-fat Milk • Skim Milk	20 No Service
22	23 Main Entrees • The Perfect Sloppy Joe Alternate Entrees • Vegan Chic'n Nuggets • Breadstick Sides for All Meals • Unsweetened Applesauce • Seasoned Carrots Milk & Condiments • 1% Low-fat Milk • Skim Milk	24 Main Entrees • Grilled Chicken Breast • Brown Rice Alternate Entrees • Gardenburger on Whole Grain Sides for All Meals • Pineapple Tidbits • Savory Green Beans Milk & Condiments • 1% Low-fat Milk • Skim Milk	25 Main Entrees • Cheesy Italian Pull Apart • Creamy Tomato Soup Alternate Entrees • Turkey and Cheese Sandwich Sides for All Meals • Unsweetened Applesauce • Fresh Broccoli Florets Milk & Condiments • 1% Low-fat Milk • Skim Milk	26 Main Entrees • Whole Grain Waffle • Vanilla Yogurt • Syrup Alternate Entrees • Sunbutter & Banana Roll Up Sides for All Meals • Fresh Banana • Tater Tots Milk & Condiments • 1% Low-fat Milk • Skim Milk	27 No Service
29	30 Main Entrees • Crispy Chicken Patty Sandwich Alternate Entrees • Vegan Chic'n Nuggets • Whole Grain Dinner Roll Sides for All Meals • Sliced Fresh Apples • Seasoned Corn Milk & Condiments • 1% Low-fat Milk • Skim Milk	31 Main Entrees • Sunbutter & Strawberry Jelly Sandwich Alternate Entrees • Sunbutter & Banana Roll Up Sides for All Meals • Chilled Peaches • Seasoned Broccoli Florets Milk & Condiments • 1% Low-fat Milk • Skim Milk			

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Snack

SUNDAY	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	6 Closed for Winter Break
8	9 Snack • Tostitos Tortilla Chips • Salsa	10 Snack • Whole Grain Animal Crackers • Fresh Broccoli Florets	11 Snack • Cheddar Goldfish Crackers • Fresh Grape Tomatoes	12 Snack • Bug Bites Graham Crackers • Fresh Carrots	13 Snack • Whole Grain Animal Crackers • Sliced Cucumbers
15	16 Closed for Martin Luther King Jr. Day	17 Snack • Cranberry Granola • Raspberry Rainbow Yogurt	18 Snack • Pretzel Hartzels • Fresh Cauliflower Florets	19 Snack • Cinnamon Goldfish Graham Crackers • Fresh Carrots	20 No Service
22	23 Snack • Tostitos Tortilla Chips • Salsa	24 Snack • Whole Grain Animal Crackers • Fresh Broccoli Florets	25 Snack • Cheddar Goldfish Crackers • Fresh Grape Tomatoes	26 Snack • Bug Bites Graham Crackers • Fresh Carrots	27 No Service
29	30 Snack • Whole Grain Cheez-It Crackers • Sliced Cucumbers	31 Snack • Cranberry Granola • Raspberry Rainbow Yogurt			

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