



Weekly Menu: Jan. 30 - Feb. 3, 2023

Week 2	Monday January 30, 2023	Tuesday January 31, 2023	Wednesday February 1, 2023	Thursday February 2, 2023	Friday February 3, 2023
Breakfast	Orange Slices Ham & Egg Biscuit 1% Milk	Banana Pancakes w/ syrup 1% Milk	Peaches WG Waffles w/ Chocolate Sauce 1% Milk	Apple Wedges WG Oatmeal 1% Milk	Orange Juice Toast Egg 1% Milk
Lunch	Chili Garlic Toast Parsley Potatoes Pineapple 1% Milk	Beef and Egg Noodles Broccoli - Cauliflower Mix Baked Apples 1% Milk	Chicken Breast over Seasoned Rice Candied Carrots Orange 1% Milk	Hot Dog or Hamburger on a bun Mac & Cheese Peas Mixed Fruit 1% Milk	Roast Pork Sweet Potatoes Corn Peaches WG Bread/Bun 1% Milk
Afternoon Snack	Peanut Butter & Jelly Sandwich on WG Bagel	100% Fruit Juice WG Cheese Crackers	Banana Pretzel Bites	Peaches Graham Crackers	1% Milk Cheese Roll with Butter

PLEASE NOTE:

- ALL PROGRAMS: Every child will be given milk unless they have a Doctor's Excuse for either Lactose Free Milk or Soy Milk. Almond Milk, etc. is not considered a creditable food by the USDA. White milk is 1% and flavored milk is Fat Free.
- ALL PROGRAMS: Special dietary needs must be requested at the beginning of the program year. Some dietary needs may not be able to be met by this kitchen. Allergic items will be substituted with an equal item.

