

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
				
<u>Breakfast</u> WG Cereal, Apple slices & Milk <u>Lunch</u> Chicken with Bowtie Soup, Mixed Vegetables & Green Beans & Milk <u>Snack</u> Goldfish Crackers & Golden Melon	<u>Breakfast</u> WG Oatmeal Pancake, Banana slices & Milk <u>Lunch</u> Mac & Cheese, Steamed Broccoli, Pear slices & Milk <u>Snack</u> Grapes & Cheese Cubes	<u>Breakfast</u> Waffles, Honey Dew cubes & Milk <u>Lunch</u> Turkey Stew with WG Brown Rice, Mixed Vegetables, Orange slices & Milk <u>Snack</u> Chex Mix & Cantaloupe cubes	<u>Breakfast</u> WG Cereal, Banana slices & Milk <u>Lunch</u> Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk <u>Snack</u> Cheez-it & Honey Dew Cubes	<u>Breakfast</u> Croissant, Orange slices & Milk <u>Lunch</u> WG Brown Rice, Ground Turkey with Corn, Cuties, & Milk <u>Snack</u> Ritz Crackers & Cheese Cubes
<u>Breakfast</u> WG Cereal, Apple slices & Milk <u>Lunch</u> Chicken with Bowtie Soup, Mixed Vegetables & Green Beans & Milk <u>Snack</u> Goldfish Crackers & Golden Melon	<u>Breakfast</u> WG Oatmeal Pancake, Banana slices & Milk <u>Lunch</u> Mac & Cheese, Steamed Broccoli, Pear slices & Milk <u>Snack</u> Grapes & Cheese Cubes	<u>Breakfast</u> Waffles, Honey Dew cubes & Milk <u>Lunch</u> Turkey Stew with WG Brown Rice, Mixed Vegetables, Orange slices & Milk <u>Snack</u> Chex Mix & Cantaloupe cubes	<u>Breakfast</u> WG Cereal, Cuties segments & Milk <u>Lunch</u> Cheese Quesadilla, Corn kernels, Apple slices & Milk <u>Snack</u> Crackers & Banana slices	<u>Breakfast</u> Bagel, Cuties segments & Milk <u>Lunch</u> WG Brown Rice, Pinto Beans with Corn, Honey Dew cubes & Milk <u>Snack</u> String Cheese & Orange slices
<u>Breakfast</u> WG Cereal, Pear Slices & Milk <u>Lunch</u> Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk <u>Snack</u> Baby Carrots w Cheese Cubes	<u>Breakfast</u> WG French Toast with Pineapple Chunks & Milk <u>Lunch</u> Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk <u>Snack</u> String Cheese & Watermelon Cubes	<u>Breakfast</u> WG Oatmeal, Strawberries & Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato, Cuties & Milk <u>Snack</u> Crackers & Grapes	<u>Breakfast</u> WG Cereal, Banana slices & Milk <u>Lunch</u> Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk <u>Snack</u> Cheez-it & Honey Dew Cubes	<u>Breakfast</u> Croissant, Orange slices & Milk <u>Lunch</u> WG Brown Rice, Ground Turkey with Corn, Cuties, & Milk <u>Snack</u> Ritz Crackers & Cheese Cubes
 CLOSED MONDAY, JANUARY 19TH In Observance of Martin Luther King Jr. Day	<u>Breakfast</u> WG Oatmeal Pancake, Banana slices & Milk <u>Lunch</u> Mac & Cheese, Steamed Broccoli, Pear slices & Milk <u>Snack</u> Grapes & Cheese Cubes	<u>Breakfast</u> Waffles, Honey Dew cubes & Milk <u>Lunch</u> Turkey Stew with WG Brown Rice, Mixed Vegetables, Orange slices & Milk <u>Snack</u> Chex Mix & Cantaloupe cubes	<u>Breakfast</u> WG Cereal, Cuties segments & Milk <u>Lunch</u> Cheese Quesadilla, Corn kernels, Apple slices & Milk <u>Snack</u> Crackers & Banana slices	<u>Breakfast</u> Bagel, Cuties segments & Milk <u>Lunch</u> WG Brown Rice, Pinto Beans with Corn, Honey Dew cubes & Milk <u>Snack</u> String Cheese & Orange slices
<u>Breakfast</u> WG Cereal, Pear Slices & Milk <u>Lunch</u> Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk <u>Snack</u> Baby Carrots w Cheese Cubes	<u>Breakfast</u> WG French Toast with Pineapple Chunks & Milk <u>Lunch</u> Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk <u>Snack</u> String Cheese & Watermelon Cubes	<u>Breakfast</u> WG Oatmeal, Strawberries & Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato, Cuties & Milk <u>Snack</u> Crackers & Grapes	<u>Breakfast</u> WG Cereal, Banana slices & Milk <u>Lunch</u> Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk <u>Snack</u> Cheez-it & Honey Dew Cubes	<u>Breakfast</u> Croissant, Orange slices & Milk <u>Lunch</u> WG Brown Rice, Ground Turkey with Corn, Cuties, & Milk <u>Snack</u> Ritz Crackers & Cheese Cubes

Infants from 6 weeks -5 months drink
or Formula Only

**Infants from 6 months to 11 months drink Breast milk
Breast milk or formula and purees**

Monday	Tuesday	Wednesday	Thursday	Friday
				
<u>Breakfast</u> Infant WG Cereal, Apple (mashed) & Formula/Breast Milk <u>Lunch</u> Chicken with Bowtie Soup (mashed) Mixed Vegetables (pureed) Green Beans (pureed) & Formula/Breast Milk <u>Snack</u> Soft WG Bread, Golden Melon (mashed) & Formula/Breast Milk	<u>Breakfast</u> WG Oatmeal Pancake (Soft), Banana (mashed) & Formula/Breast Milk <u>Lunch</u> Chicken with Bowtie Soup (mashed), Mixed Vegetables (mashed) Green Beans (pureed) & Formula/Breast Milk <u>Snack</u> Lil Crunchies, Grape (mashed) & Formula/Breast Milk	<u>Breakfast</u> Waffles (soft), Honey Dew (mashed) & Formula/Breast Milk <u>Lunch</u> Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Orange (smashed) & Formula/Breast Milk <u>Snack</u> Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk	<u>Breakfast</u> Infant WG Cereal, Banana (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato (pureed), Apple (mashed), & Formula/Breast Milk <u>Snack</u> Whipped Melts, Honey Dew (pureed), & Formula/Breast Milk	<u>Breakfast</u> Waffles, Oranges (mashed) & Formula/Breast Milk <u>Lunch</u> WG Brown Rice (pureed), Ground Turkey with Corn, Cuties (mashed) & Formula/Breast Milk <u>Snack</u> Soft WG Bread, Oranges (mashed) & Formula/Breast Milk
<u>Breakfast</u> Infant WG Cereal, Pear (pureed) & Formula/Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Apple (mashed) & Formula/Breast Milk <u>Snack</u> Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk	<u>Breakfast</u> Soft WG French Toast, Pineapple (mashed) & Formula/Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk <u>Snack</u> Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	<u>Breakfast</u> Cooked WG Oatmeal, Strawberries (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato (pureed), Cuties (mashed) & Formula/Breast Milk <u>Snack</u> Teething Sticks, Grapes (mashed) & Formula/Breast Milk	<u>Breakfast</u> Infant WG Cereal, Banana (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato (pureed), Apple (mashed), & Formula/Breast Milk <u>Snack</u> Whipped Melts, Honey Dew (pureed), & Formula/Breast Milk	<u>Breakfast</u> Waffles, Oranges (mashed) & Formula/Breast Milk <u>Lunch</u> WG Brown Rice (pureed), Ground Turkey with Corn, Cuties (mashed) & Formula/Breast Milk <u>Snack</u> Soft WG Bread, Oranges (mashed) & Formula/Breast Milk
 We will be CLOSED MONDAY, JANUARY 19TH <i>In Observance of</i> Martin Luther King Jr. Day	<u>Breakfast</u> WG Oatmeal Pancake (Soft), Banana (mashed) & Formula/Breast Milk <u>Lunch</u> Chicken with Bowtie Soup (mashed), Mixed Vegetables (mashed) Green Beans (pureed) & Formula/Breast Milk <u>Snack</u> Lil Crunchies, Grape (mashed) & Formula/Breast Milk	<u>Breakfast</u> Waffles (soft), Honey Dew (mashed) & Formula/Breast Milk <u>Lunch</u> Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Orange (smashed) & Formula/Breast Milk <u>Snack</u> Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk	<u>Breakfast</u> Infant WG Cereal, Cuties (mashed) & Formula/Breast Milk <u>Lunch</u> Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Apples (smashed) & Formula/Breast Milk <u>Snack</u> Yogurt melts, Banana (mashed) & Formula/Breast Milk	<u>Breakfast</u> Waffles, Oranges (mashed) & Formula/Breast Milk <u>Lunch</u> WG Brown Rice (pureed), Ground Turkey with Corn, Cuties (mashed) & Formula/Breast Milk <u>Snack</u> Teething Sticks, Orange (mashed) & Formula/Breast Milk
<u>Breakfast</u> Infant WG Cereal, Pear (pureed) & Formula/Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Apple (mashed) & Formula/Breast Milk <u>Snack</u> Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk	<u>Breakfast</u> Soft WG French Toast, Pineapple (mashed) & Formula/Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk <u>Snack</u> Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	<u>Breakfast</u> Cooked WG Oatmeal, Strawberries (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato (pureed), Cuties (mashed) & Formula/Breast Milk <u>Snack</u> Teething Sticks, Grapes (mashed) & Formula/Breast Milk	<u>Breakfast</u> Infant WG Cereal, Banana (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato (pureed), Apple (mashed), & Formula/Breast Milk <u>Snack</u> Whipped Melts, Honey Dew (pureed), & Formula/Breast Milk	<u>Breakfast</u> Waffles, Oranges (mashed) & Formula/Breast Milk <u>Lunch</u> WG Brown Rice (pureed), Ground Turkey with Corn, Cuties (mashed) & Formula/Breast Milk <u>Snack</u> Soft WG Bread, Oranges (mashed) & Formula/Breast Milk
<u>Breakfast</u> Infant WG Cereal, Pear (pureed) & Formula/Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Apple (mashed) & Formula/Breast Milk <u>Snack</u> Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk	<u>Breakfast</u> Soft WG French Toast, Pineapple (mashed) & Formula/Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk <u>Snack</u> Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	<u>Breakfast</u> Cooked WG Oatmeal, Strawberries (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato (pureed), Cuties (mashed) & Formula/Breast Milk <u>Snack</u> Teething Sticks, Grapes (mashed) & Formula/Breast Milk	<u>Breakfast</u> Infant WG Cereal, Banana (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato (pureed), Apple (mashed), & Formula/Breast Milk <u>Snack</u> Whipped Melts, Honey Dew (pureed), & Formula/Breast Milk	<u>Breakfast</u> Waffles, Oranges (mashed) & Formula/Breast Milk <u>Lunch</u> WG Brown Rice (pureed), Ground Turkey with Corn, Cuties (mashed) & Formula/Breast Milk <u>Snack</u> Soft WG Bread, Oranges (mashed) & Formula/Breast Milk

Infants 6 Weeks to 5 Months 4-6 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch & Snack

Infants 6-11 Months 6-8 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch (Food will be served in form of pureed, mashed, ground, or finely chopped) Snack 2-4 oz breast milk/Iron-Fortified Formula

Infants 12-24 months: Whole Milk Preschoolers: 2+ years 1% milk This institution is an equal opportunity provider by: USDA

Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breast milk ¹ or formula ²	<p>6-8 fluid ounces breast milk¹ or formula;² and</p> <p>0-½ ounce equivalent infant cereal;^{2,3} or</p> <p>0-4 tablespoons:</p> <p>meat, fish, poultry, whole egg, cooked dry beans, peas, and lentils; or</p> <p>0-2 ounces of cheese; or</p> <p>0-4 ounces (volume) of cottage cheese; or</p> <p>0-4 ounces or ½ cup of yogurt;⁴ or</p> <p>a combination of the above;⁵ and</p> <p>0-2 tablespoons vegetable or fruit, or</p> <p>a combination of both.^{5,6}</p>
Snack	4-6 fluid ounces breast milk ¹ or formula ²	<p>2-4 fluid ounces breast milk¹ or formula;² and</p> <p>0-½ ounce equivalent bread;^{3,7} or</p> <p>0-¼ ounce equivalent crackers;^{3,7} or</p> <p>0-½ ounce equivalent infant cereal;^{2,3} or</p> <p>0-¼ ounce equivalent ready-to-eat breakfast cereal;^{3,5,7,8} and</p> <p>0-2 tablespoons vegetable or fruit, or a combination of both.^{5,6}</p>

¹ Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Information on crediting grain items may be found in FNS guidance.

⁴ Through Sept. 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.

⁸ Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereals must contain no more than 6 grams of added sugar per dry ounce.