

Dec 30, 2024 – Jan 10 2025 Menu

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER


Amounts: Preschool/School Age
 Children under 2 – Whole Milk Children 2 and older 1% unflavored Milk
 *=whole grain/wheat
 +Fruit Selections are subject to change due to availability.

	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
Breakfast	6/8 oz Milk ½ oz/1oz Belvita Biscuits ½ c. Apple Sauce	6/8 oz Milk ½ oz/1oz Oatmeal* ½ c .Raisins/blueberries	CFC is Closed HAPPY NEW YEAR	6/8 oz Milk ½ oz/1oz French Toast ½ c. Bananas	6/8 oz Milk ½ oz/1oz Shredded Wheat* ½ c .Grapes
Lunch	Ham Sandwiched 6/8 oz Milk ½ oz/1oz WW Bread* ¼ c. Mandarin Oranges ½ c. Cucumbers 1.5/2 oz Ham	Hot dogs 6/8 oz Milk ½ oz/1oz Hot dog buns ¼ c. Peaches ½ c. Baked Beans 1.5/2 oz Hot Dogs		Mini Pizzas 6/8 oz Milk ½ oz/1oz English Muffin* ¼ tangerines ½ c. Tomato sauce carrots 1.5/2 oz Pepperoni/cheese	Spaghetti 6/8 oz Milk ½ oz/1oz Spaghetti noodles ¼ c. Apples ½ c. Green Salad 1.5/2 oz Ground beef
Snack	6/8 oz Milk 1 oz Graham Crackers	<u>CFC CLOSSES AT 3 PM</u>		1 oz Pretzels 1 oz cheese cubes	½ c mixed fruit 1 oz Club crackers
	Monday 6	Tuesday 7 – GUSD starts	Wednesday 8	Thursday 9	Friday 10
Breakfast	6/8 oz Milk ½ oz/1oz Nutrigrain Bars ½ c .Pineapple	6/8 oz Milk ½ oz/1oz Waffles ½ c. Strawberries	6/8 oz Milk ½ oz/1oz Cheerios* ½ c bananas	6/8 oz Milk ½ oz/1oz Banana Bread ½ c. Apples	6/8 oz Milk ½ oz/1oz Muffins ½ c. Oranges
Lunch	CFC Lunchable 6/8 oz Milk ½ oz/1oz Ritz Crackers ¼ c. Fruit cocktail. ½ c.Carrots/Celery 1.5/2 oz Cheese slices, turkey	Cheese Quesadilla 6/8 oz Milk ½ oz/1oz Tortilla ¼ c. Bananas ½ c. Cheery Tomatoes 1.5/2 oz Shredded Cheese	Lasagna 6/8 oz Milk ½ oz/1oz Noodles ¼ c. Cantaloupe ½ c. Corn 1.5/2 oz Meat/cheese	Egg Casserole 6/8 oz Milk ½ oz/1oz WW Bread* ¼ c. Kiwi ½ c.Hash Browns 1.5/2 oz Eggs/Cheese	Chicken Nuggets 6/8 oz Milk ½ oz/1oz Rolls ¼ c. Apples ½ c .Zucchini 1.5/2 oz Breaded Chicken Nuggets
Snack	½ c pears 1 oz Mult grain crackers*	1 oz life cereal* 6/8 oz Milk	½ yogurt 1 oz animal crackers	1 oz gold fish 1 oz string cheese	½ c. mixed fruit 1 oz Wheat Thins*

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	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Breakfast	6/8 oz Milk ½ oz/1oz Cheerios* ½ c. Fruit cocktail	6/8 oz Milk ½ oz/1oz English Muffins/Jam ½ c. Bananas	6/8 oz Milk ½ oz/1oz Corn Flakes ½ c. Peaches	6/8 oz Milk ½ oz/1oz Oatmeal* ½ c. Apple Chunks	6/8 oz Milk ½ oz/1oz Raisin Bread ½ c. Honey Dew Melon
Lunch	Tuna Sandwiches 6/8 oz Milk ½ oz/1oz Pita Bread ¼ c. Tangerines ½ c. Olives/Pickles 1.5/2 oz Tuna	Chicken and Rice Casserole 6/8 oz Milk ½ oz/1oz Rice ¼ c. Grapes ½ c. Peas and Carrots 1.5/2 oz Chicken	Soft Tacos 6/8 oz Milk ½ oz/1oz Flour tortillas ¼ c. Watermelon ½ c. lettuce/Tomatoes/avocado 1.5/2 oz Ground Beef	Little Smokies 6/8 oz Milk ½ oz/1oz Biscuits ¼ c. Oranges ½ c. Potato casserole 1.5/2 oz Little Smokies	Grilled Cheese and Soup 6/8 oz Milk ½ oz/1oz WW Bread* ¼ c. Blueberries/ ½ c. Tomato Soup 1.5/2 oz Cheese
Snack	1/1.5 oz Dry Cereal Mix ½/1 c. grapes	1/1.5 oz Gold fish 1 c Kiwi	1/1.5 oz Vanilla Waffers ¾, 1 c Yogurt	1 c Apple Juice 1.5/2 oz animal crackers	½, 1c. mixed fruit 1.5/2 oz Graham Crackers
	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Breakfast	Closed for MLK Jr. Day	6/8 oz Milk ½ oz/1oz Life Cereal* ½ c. Pineapple	6/8 oz Milk ½ oz/1oz Nutrigrain Bars* ½ c. Bananas	6/8 oz Milk ½ oz/1oz Pancakes ½ c. Mixed Berries	6/8 oz Milk ½ oz/1oz Bagels/Cream cheese ½ c. Apple
Lunch		Chicken Taquitos 6/8 oz Milk ½ oz/1oz Torillas ¼ c. Pears ½ c. Cole Slaw 1.5/2 oz	Cheese Tortellini 6/8 oz Milk ½ oz/1oz Noodles ¼ c. Cantaloupe ½ c. Green Salad 1.5/2oz Cheese	Egg Salad Sandwiches 6/8 oz Milk ½ oz/1oz WW Bread ¼ c. Kiwi ½ c. Cucumber/Tomato 1.5/2 oz Eggs	Fish Sticks 6/8 oz Milk ½ oz/1oz WW Rolls ¼ c. Oranges ½ c. Tatar tots 1.5/2 oz Fish Sticks
Snack		½, 1 OZ Breaded Mozzarella Sticks ¼, ½, c Spaghetti Sauce ¼, 1/2 c grapes	1 oz Saltine Crackers 1 oz Herbed Cream Cheese 6/8 oz apple juice	½, 1 c. Cauliflower/Broccoli Ranch Dip ¾, 1 oz Pretzels	1 oz chex mix (no nuts) ½, 1 c mixed fruit