

# January 2019

## Children's House MENU



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 <b>Center Closed</b></p> 	<p>2 Turkey Wrap<sup>(WG)</sup> w/ Lettuce, Tomato Soup Carrots</p> <p>Milk Applesauce</p>	<p>3 Chicken Nuggets w/Sweet &amp; Sour Sauce Brown<sup>(WG)</sup>/White Rice Green Beans Milk Pears</p>	<p>4 Shepherd's Pie (Seasoned hamburg, gravy &amp; corn) Mashed Potatoes Warm Roll<sup>(WG)</sup></p> <p>Milk Orange Slices</p>	
	<p>7 Waffles<sup>(WG)</sup> w/Syrup Hash Browns Applesauce</p> <p>Milk Strawberries n' Plain Yogurt</p>	<p>8 Grilled Cheese Sandwich<sup>(WG)</sup> Tomato Soup Pita Chips</p> <p>Milk Mixed Tropical Fruit Cup</p>	<p>9 Meatball Grinders Steamed Carrots Egg Noodles</p> <p>Milk Pear Slices</p>	<p>10 Chicken Stir Fry w/Teriyaki Sauce Rice<sup>(WG)</sup> Mixed Broccoli, Cauliflower Milk Fresh Pineapple</p>	<p>11 Taco Salad (Chips*<sup>(WG)</sup>, Meat, Lettuce, Tomato, Cheese, Salsa)</p> <p>Milk Sherbet over Fruit Cocktail</p> <p><small>*Made from whole wheat soft shells. Shells left soft for Todds.</small></p>	
	<p>14 Chicken/ Cheese Quesadillas Rice<sup>(WG)</sup> Salsa Cucumbers Milk Angel Cake w/ Strawberries</p>	<p>15 Mac &amp; Cheese Green Beans Bread<sup>(WG)</sup> &amp; Butter</p> <p>Milk Melon Slices</p>	<p>16 Fish Boats* <sup>(WG)</sup> w/ Lettuce (tartar sauce optional) Steamed Baby Carrots</p> <p>Milk Apple Slices</p> <p><small>*On wheat long bun</small></p>	<p>17 Chicken Patties Steamed Cauliflower Mashed Potatoes Roll Milk Peaches n' Cream</p>	<p>18 Cheese Ravioli w/Marinara Sauce Peas Warm Wheat Roll <sup>(WG)</sup> Milk Blueberries w/ Plain Greek Yogurt</p>	
	<p>21 <b>Center Closed in observance of Martin Luther King, Jr. Day</b></p>	<p>22 Meatballs in Gravy Sweet Potatoes Green Beans Warm Roll</p> <p>Milk Orange Smiles</p>	<p>23 Chicken Nuggets w/BBQ Wagon Wheel Tri-Color Parm Pasta Corn Milk Apple Slices</p>	<p>24 American Chop Suey Tossed Salad w/Tomatoes</p> <p>Milk Pears</p>	<p>25 Wheat Pita Cheese Pizza Seasoned Pasta <sup>(WG)</sup> Broccoli Florets</p> <p>Milk Chilled Peaches</p>	
<p>Whole, unflavored milk is served to children under 2. 1%, unflavored milk is served to children over 2.</p> 	<p>28 Ham &amp; Cheese Wrap<sup>(WG)</sup> Lettuce Pickles Goldfish Tomato Soup</p> <p>Milk Applesauce</p>	<p>29 Pancakes w/Syrup Strawberry Yogurt Parfait (layered fresh strawberries, yogurt and granola) Hash Browns</p> <p>Milk Pineapple Rings</p>	<p>30 Tuna Sandwich <sup>(WG)</sup> Minestrone Soup w/Steamed Carrots</p> <p>Milk Sliced Pears</p>	<p>31 Spaghetti<sup>(WG)</sup> and Meat Sauce <sup>(HM)</sup> Tossed Salad w/ Dressing Garlic Bread (lightly seasoned)</p> <p>Milk Peaches n' Cream</p>	 <p><sup>(WG)</sup> = Whole Grain Food Item <sup>(HM)</sup>—Homemade</p>	