



JANUARY 2010



<p>4 AM Snack: Kix, Milk Breakfast: Rice Krispies, Banana, Milk Lunch: Chicken Tenders, Shredded Carrots & Dip, Pears, Milk PM Snack: Pretzels, Apple Juice</p>	<p>5 AM Snack: Cheerios, Milk Breakfast: English Muffin, Oranges, Milk Lunch: Beans & Wieners, Apple Slices, Corn Bread, Milk PM Snack: Goldfish, Grape Juice</p>	<p>6 AM Snack: Honey Nut Cheerios, Milk Breakfast: Apple Cinnamon Cheerios, Cantaloupe, Milk Lunch: Baked Ziti, Tossed Salad, Kiwi, Milk PM Snack: Animal Crackers, Apple Juice</p>	<p>7 AM Snack: Corn Flakes, Milk Breakfast: Oatmeal, Peaches, Milk Lunch: Ham Green Beans & Potatoes, Pineapple, Breadsticks, Milk PM Snack: Graham Crackers, Tropical Punch</p>	<p>8 AM Snack: Raisin Bran, Milk Breakfast: Fruit Loops, Mandarin Oranges, Milk Lunch: Fish Sticks, Cole Slaw, Grapes, Milk PM Snack: Chips, Salsa, Water</p>
<p>11 AM Snack: Honey Nut Cheerios, Milk Breakfast: French Toast Sticks, Oranges, Milk Lunch: Sausage Patty, Yams, Apple Slices, Saltines, Milk PM Snack: String Cheese, Tropical Punch</p>	<p>12 AM Snack: Kix, Milk Breakfast: Raisin Bran, Pineapple, Milk Lunch: Chicken Burrito, Broccoli Salad, Peaches, Milk PM Snack: Town House Crackers, Grape Juice</p>	<p>13 AM Snack: Mini Wheats, Milk Breakfast: Bagel, Applesauce, Milk Lunch: Creamy Turkey & Vegetables, Pear, Puff Pastry, Milk PM Snack: Granola Bars, Apple Juice</p>	<p>14 AM Snack: Apple-Cinnamon Cheerios, Milk Breakfast: Corn Flakes, Blueberries, Milk Lunch: Hamburger on Bun, Corn, Peaches, Milk PM Snack: Go gurt, Breadsticks, Water</p>	<p>15 AM Snack: Rice Krispies, Milk Breakfast: Corn Bread, Mandarin Oranges, Milk Lunch: Mini Pizza, Green Beans, Blueberry Crisp, Milk PM Snack: Vanilla Wafers, Mixed Juice</p>
<p>18 AM Snack: Cheerios, Milk Breakfast: Mini Wheats, Peaches, Milk Lunch: Chicken Patty, Lima Beans, Apple Slices, Milk PM Snack: Chex Mix, Apple Juice</p>	<p>19 AM Snack: Corn Flakes, Milk Breakfast: Blueberry Square, Banana, Milk Lunch: Mini Corn Dogs, Potato Pancake Wedges, Oranges, Milk PM Snack: Cookies, Milk</p>	<p>20 AM Snack: Raisin Bran, Milk Breakfast: Kix, Pineapple, Milk Lunch: Sloppy Joe Meat, Green & Gold Salad, Town House Crackers, Milk PM Snack: Goldfish, Tropical Punch</p>	<p>21 AM Snack: Kix, Milk Breakfast: Pancakes, Blueberries, Milk Lunch: Mac-N-Cheese, Fresh Veggies & Dip, Kiwi, Milk PM Snack: Saltines & Cheese, Water</p>	<p>22 AM Snack: Honey Nut Cheerios, Milk Breakfast: Rice Krispies, Peaches, Milk Lunch: Tuna Patty, Chinese Salad, Applesauce, Milk PM Snack: Graham Crackers, Mixed Juice</p>
<p>25 AM Snack: Mini Wheats, Milk Breakfast: English Muffin, Banana, Milk Lunch: Mexican Chicken, Oven Fried Potatoes, Kiwi, Milk PM Snack: String Cheese & Breadsticks, Water</p>	<p>26 AM Snack: Fruit Loops, Milk Breakfast: Honey Nut Cheerios, Peaches, Milk Lunch: Meatballs & Gravy, Salad, Fruit & Rice Dessert, Milk PM Snack: Saltines, Grape Juice</p>	<p>27 AM Snack: Rice Krispies, Milk Breakfast: Waffles, Blueberries, Milk Lunch: Chicken Ranch Pita, Corn Chowder, Apple Slices, Milk PM Snack: Animal Crackers, Apple Juice</p>	<p>28 AM Snack: Raisin Bran, Milk Breakfast: Applesauce, Fruit Loops, Milk Lunch: Vegetable Frittata, Pears, Whole Wheat Bread, Milk PM Snack: Vanilla Wafers, Apple-Grape Juice</p>	<p>29 AM Snack: Apple Cinnamon Cheerios, Milk Breakfast: Oatmeal, Cantaloupe, Milk Lunch: Tuna Noodle Casserole, Peas, Oranges, Milk PM Snack: Pretzels, Tropical Punch</p>



Toddler	Preschool	School Age
Serving Sizes	Serving Sizes	Serving Sizes
Breakfast:	Breakfast:	Breakfast:
Milk ½ C	Milk ¾ C	Milk 1 C
Fruit ¼ C	Fruit ½ C	Fruit ½ C
Grain ¼ C	Grain ½ C	Grain ¾ C
Lunch:	Lunch:	Lunch:
Milk ½ C	Milk ¾ C	Milk 1 C
Meat 1 OZ	Meat 1½ OZ	Meat 2 OZ
Fruit ¼ C	Fruit ½ C	Fruit ¾ C
Vegetable ¼ C	Vegetable ¼ C	Vegetable ¾ C
Snack:	Snack:	Snack:
Milk/ Juice ½ C	Milk/ Juice ½	Milk 1 C or Juice ¾C
Grain ¼ C	Grain ¼ C	Grain ¾C