

# SPRING ED JANUARY 2024

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/1/2024	1/2/2024	1/3/2024	1/4/2024	1/5/2024
<b>AM SNACK:</b>					
Milk	CLOSED	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable					Berries (optional)
Grain		WG Blueberry Muffin	WG Waffle	WG Mini Spooner Cereal	WG Pancake
Extra/Protein					
<b>LUNCH:</b>					
		Italian Beef Sandwich	Drummies	Crunchers	Turkey Ham
Milk	HAPPY NEW YEAR!	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit		Fruit Cocktail	Diced Pears	Mandarin Oranges	Applesauce
Vegetable		Sweet Peas	Diced Carrots	Stringbeans	Sweet Potato Bites
Grain		WG Hot Dog Roll			
Meat/Meat Alt		Beef Crumbles	Chicken Drumsticks	Pizza Crunchers	Diced Turkey Ham
Extra		Marinara Sauce			
<b>PM SNACK:</b>					
	CLOSED	School Made Trail Mix	Zoo Dippers		
Milk/Water					
Fruit					
Vegetable					Fresh Veggie of Choice
Grain		School Made Trail Mix	Animal Crackers	Vanilla Wafers	
Meat/Meat Alternate			Strawberry Yogurt		Ranch
Extra					
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/8/2024	1/9/2024	1/10/2024	1/11/2024	1/12/2024
<b>AM SNACK:</b>					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable		1/2 Banana			
Grain	WG French Toast Sticks	WG Rice Crisp Cereal	English Muffin	WG Cereal Oatmeal Bar	WG Apple Cinnamon Loaf
Extra/Protein			Sunbutter		
<b>LUNCH:</b>					
	Grilled Cheese	Taco Tuesday	Cheeseburger	Chicken Patty	Pizza
Milk					
Fruit	Fruit Cocktail	Diced Pears	Diced Peaches	Pineapple Tidbits	Diced Pears
Vegetable	Broccoli	Corn	Tater Tots	Diced Carrots	Stringbeans
Grain		WG Tortilla	WG Hamburger Roll		WG Pizza
Meat/Meat Alt	Grilled Cheese	Turkey Taco Entrée	Cheeseburger	WG Breaded Chicken Patty	
Extra		Shredded Cheese			
<b>PM SNACK:</b>					
Milk/Water					
Fruit		Applesauce			Apple Slices
Vegetable					
Grain	Chex Mix	Graham Crackers	Cheezit Crackers	Wheat Crackers	
Meat/Meat Alternate	Vanilla Yogurt			String Cheese	Sunbutter
Extra					

# SPRING ED JANUARY 2024

WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/15/2024	1/16/2024	1/17/2024	1/18/2024	1/19/2024
<b>AM SNACK:</b>					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable		Frozen Berry Mix	1/2 Banana	Jelly	Mango
Grain	WG Toasted Oats Cereal	WG Pancake	WG Rice Crisp Cereal	English Muffin	Vanilla Yogurt
Extra/Protein					
<b>LUNCH:</b>					
	BBQ Slider	Philly Cheesesteak	Cheesy Mac	Stir Fry	Ravioli
Milk					Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit	Diced Pears	Applesauce	Diced Peaches	Pineapple Tidbits	Applesauce
Vegetable	Corn	Diced Carrots	Sweet Peas	Stir Fry Blend	Mixed veggies
Grain	WG Slider Roll	WG Hot Dog Roll	WG Elbow Macaroni	Rice	
Meat/Meat Alt	BBQ Shredded Chicken	Steak Meat	Chicken Strips		WG Jumbo Ravioli
Extra	Cheese Sauce	American Cheese	Cheese Sauce	Teriyaki sauce	
<b>PM SNACK:</b>					
	Banana Sushi Roll	Cuke Sandwich			
Milk/Water					
Fruit	1/2 Banana				
Vegetable		Cucumber Slices			
Grain	WG Tortilla	WG Flatbread	Shortbread Bites	WG Apple Cinn Grahams	Soft Pretzel Rod
Meat/Meat Alternate	Sunbutter				
Extra		Ranch			

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/22/2024	1/23/2024	1/24/2024	1/25/2024	1/26/2024
<b>AM SNACK:</b>					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHEF'S
Fruit/Vegetable	Mango			Frozen Blueberries	
Grain	Vanilla Yogurt	WG Spooner Cereal	WG Oatmeal Cereal Bar	Oatmeal	
Extra/Protein					
<b>LUNCH:</b>					
	Stuffed Crusts	Breakfast Sandwich	Chicken Dippers	Mom's Meatloaf	
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHOICE
Fruit	Diced Pears	Applesauce	Mandarin Oranges	Diced Peaches	
Vegetable	String Beans	Diced Carrots	Mixed Veggies	Mashed Potatoes	
Grain	Pizza Max Sticks	WG English Muffin			
Meat/Meat Alt		Turkey Sausage Patty	Chicken Nuggets	Meatloaf w/Ketchup Glaze	
Extra	Marinara Sauce		Ketchup		
<b>PM SNACK:</b>					
Milk/Water					
Fruit	Applesauce			Clementine	
Vegetable					DAY!
Grain	Animal Crackers	WG Apple Cinn Grahams	Townhouse Crackers	WG Champ Bites	
Meat/Meat Alternate			String Cheese		
Extra					

WEEK 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/29/2024	1/30/2024	1/31/2024	2/1/2024	2/2/2024

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
2. The fruit component at lunch may be substituted by an additional vegetable.



## SPRING ED JANUARY 2024

### AM SNACK:

<b>Milk</b>	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
<b>Fruit/Vegetable</b>	1/2 Banana				Berries (optional)
<b>Grain</b>	WG Toasted Oats Cereal	WG Blueberry Muffin	WG Waffle	WG Mini Spooner Cereal	WG Pancake
<b>Extra/Protein</b>					

### LUNCH:

	<b>Breakfast for Lunch</b>	<b>Italian Beef Sandwich</b>	<b>Drummies</b>	<b>Crunchers</b>	<b>Turkey Ham</b>
<b>Milk</b>	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
<b>Fruit</b>	Diced Peaches	Fruit Cocktail	Diced Pears	Mandarin Oranges	Applesauce
<b>Vegetable</b>	Hashbrown Potato Patty	Sweet Peas	Diced Carrots	Stringbeans	Sweet Potato Bites
<b>Grain</b>		WG Hot Dog Roll			
<b>Meat/Meat Alt</b>	Scrambled Egg Round	Beef Crumbles	Chicken Drumsticks	Pizza Crunchers	Diced Turkey Ham
<b>Extra</b>		Marinara Sauce			

### PM SNACK:

	<b>Cuke Sandwich</b>	<b>School Made Trail Mix</b>	<b>Zoo Dippers</b>		
<b>Milk/Water</b>					
<b>Fruit</b>					
<b>Vegetable</b>	Cucumber Slices				Fresh Veggie of Choice
<b>Grain</b>	Flatbread Squares	School Made Trail Mix	Animal Crackers	Vanilla Wafers	
<b>Meat/Meat Alternate</b>	Ranch		Strawberry Yogurt		Ranch
<b>Extra</b>					