

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
AM SNACK:					
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					
Grain		WG Blueberry Muffin	WG Waffle	WG Mini Spooner Cereal	WG Pancake
Extra/Protein					
LUNCH:					
		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		Veggie Crumbles	Chicken Drummies	Pizza Crunchers	Diced Turkey Ham
Extra		Marinara Sauce			
PM SNACK:					
	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
AM SNACK:					
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					
Grain	WG French Toast Sticks	WG Rice Crisp Cereal	English Muffin	WG Cereal Oatmeal Bar	WG Cereal
Extra/Protein			Sunbutter		
LUNCH:					
	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			
PM SNACK:					
Milk/Water					
Fruit		Applesauce			
Vegetable					
Grain	Chex Mix	Graham Crackers	Cheezit Crackers	Wheat Crackers	Bananas
Meat/Meat Alternate				String Cheese	
Extra					

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.

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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
AM SNACK:					
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				Jelly	
Grain		WG Pancake	WG Rice Crisp Cereal	English Muffin	Vanilla Yogurt
Extra/Protein					
LUNCH:					
		Spaghetti	Cheesy Mac	Stir Fry	Ravioli
Milk	CLOSED				Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit		Applesauce	Diced Peaches	Pineapple Tidbits	Applesauce
Vegetable		Diced Carrots	Sweet Peas		Mixed veggies
Grain		Spaghetti	WG Elbow Macaroni	Rice	
Meat/Meat Alt				Chicken Strips	WG Jumbo Ravioli
Extra		Marinara Sauce	Cheese Sauce	Teriyaki sauce	
PM SNACK:					
Milk/Water					
Fruit	CLOSED				
Vegetable		Cucumber Slices			
Grain			Shortbread Bites	WG Apple Cinn Grahams	Soft Pretzel Rod
Meat/Meat Alternate					
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
AM SNACK:					
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					
Grain	Vanilla Yogurt	WG Spooner Cereal	WG Oatmeal Cereal Bar	Oatmeal	
Extra/Protein					
LUNCH:					
	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		
PM SNACK:					
Milk/Water					
Fruit	Applesauce				
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

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

Dates:	1/29/2024	1/30/2024	1/31/2024	2/1/2024	2/2/2024
AM SNACK:					
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					
Grain	WG Toasted Oats Cereal	WG Blueberry Muffin	WG Waffle	WG Mini Spooner Cereal	WG Pancake
Extra/Protein					
LUNCH:					
	Breakfast for Lunch	Italian Veggie Sandwich	Drummies	Crunchers	Turkey Ham
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	Diced Peaches	Fruit Cocktail	Diced Pears	Mandarin Oranges	Applesauce
Vegetable	Hashbrown Potato Patty	Sweet Peas	Diced Carrots	Stringbeans	Sweet Potato Bites
Grain		WG Hot Dog Roll			
Meat/Meat Alt	Turkey Sausage	Veggie Crumbles	Chicken Drumsticks	Pizza Crunchers	Diced Turkey Ham
Extra		Marinara Sauce			
PM SNACK:					
	Cuke Sandwich	School Made Trail Mix	Zoo Dippers		
Milk/Water					
Fruit					
Vegetable	Cucumber Slices				
Grain		School Made Trail Mix	Animal Crackers	Vanilla Wafers	Goldfish
Meat/Meat Alternate	Ranch		Strawberry Yogurt		
Extra					

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2. The fruit component at lunch may be substituted by an additional vegetable.

