



January 2025 Hot Menu



Mon	Tue	Wed	Thu	Fri
30	31	1	2	3
Salisbury Steak (4oz) with Mashed Potatoes (3oz), Green Beans (4oz) and Gravy, Graham Crackers (.5oz) x2 Oranges, 1% Low Fat Milk (0.5pt)	Baked Chicken Wings (7.4oz) Cheesy Potatoes (3oz) Peas (4oz) Graham Crackers (0.5oz) x2 Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	New Years Day/ Food bank closed	Orange Sesame Chicken (3.5oz) Asian Brown Rice (2oz) Seasoned Broccoli (4oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz) Roasted Potato Wedges (3oz) Seasoned Carrots (4oz) Peach Cup (4.5oz), 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
Chicken Lo Mein(3oz), Broccoli and Cheese(4oz), Wheat Roll (1.25oz), Orange, 1% Low Fat Milk (0.5pt)	Chicken and Cheese Whole Wheat Enchilada (5 oz) Spanish Brown Rice (3oz) Roasted Corn (4oz) Pear cup(4oz), 1% Low Fat Milk (0.5pt)	WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots (2.5oz) Applesauce Cup (4.5oz) 1% Low Fat Milk (0.5pt)	Seasoned Turkey, Bean & Cheese Burrito (4.25oz) Roasted Corn (4oz) Spanish Brown Rice (3oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Lasagna with Meat Sauce(6oz), Cheese Broccoli (4oz) and Wheat Roll (1.25oz), Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
Herb Roasted chicken(4.5), Broccoli Cauliflower(2.75oz) and WG Pasta with Alfredo Sauce, Orange, 1% Low Fat Milk (0.5pt)	Whole Wheat Chicken Quesadilla (4oz), Pinto Beans (3oz), Southwest Corn (4oz) and Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	Spaghetti with Meatballs (6.5oz) Cheesy Spinach (4oz) Wheat Roll (1.25oz) Applesauce(4oz), 1% Low Fat Milk (0.5pt)	2 Mini All Beef Hot Dogs with Buns (4 oz), Chili (3oz) Roasted Green Beans (4oz) Graham Crackers (0.5oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz), Roasted Potato Wedges (3oz) Seasoned Carrots (4oz), and a Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
Salisbury Steak (4oz) with Mashed Potatoes (3oz), Green Beans (4oz) and Gravy, Graham Crackers (.5oz) x2 Oranges, 1% Low Fat Milk (0.5pt)	Baked Chicken Wings (7.4oz) Cheesy Potatoes (3oz) Peas (4oz) Graham Crackers (0.5oz) x2 Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	Turkey Bites & Mac(4.5oz), Rosemary Zucchini with Cherry Tomatoes(4oz), and a Pear cup(4oz), 1% Low Fat Milk (0.5pt)	Orange Sesame Chicken (3.5oz) Asian Brown Rice (2oz) Seasoned Broccoli (4oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz) Roasted Potato Wedges (3oz) Seasoned Carrots (4oz) Peach Cup (4.5oz), 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri
27	28	29	30	31
Chicken Lo Mein(3oz), Broccoli and Cheese(4oz), Wheat Roll (1.25oz), Orange, 1% Low Fat Milk (0.5pt)	Chicken and Cheese Whole Wheat Enchilada (5 oz) Spanish Brown Rice (3oz) Roasted Corn (4oz) Pear cup(4oz), 1% Low Fat Milk (0.5pt)	WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots (2.5oz) Applesauce Cup (4.5oz) 1% Low Fat Milk (0.5pt)	Seasoned Turkey, Bean & Cheese Burrito (4.25oz) Roasted Corn (4oz) Spanish Brown Rice (3oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Lasagna with Meat Sauce(6oz), Cheese Broccoli (4oz) and Wheat Roll (1.25oz), Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
<u>Acronyms</u> WGR: Whole Grain Rich Note: All main component food items have CN label	<u>Identification of mixed foods</u> Mixed Fruit Cup: diced pears, peaches, and Cherries. Vegetable cup is Corn.	<u>Required Disclaimers</u> Children 24 months and older will be served 1% or fat free milk Water is available to all participants through a water fountain This Institution is an Equal Opportunity Provider		<u>Special Notes</u> This menu may change without notice due to supply issues Items are delivered and served Hot