



January 2025 "Hot" Menu



	MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
			CBS Closed 1	2	3
Breakfast			HAPPY NEW YEAR	Cocoa Puffs (WG)*, Peaches*, Milk	Froot Loop Waffles, Apples, Milk
Lunch/ Dinner				Sunbutter & Jam Sammies, Green Beans*, Pineapple*, Milk	Ziti (WG), Broccoli, Orange Wedges, Milk
Snack				Animal Crackers, Milk	Baby Carrots, Milk
	6	7	8	9	10
Breakfast	Closed	Bagels & Cream Cheese, Peaches*, Milk	Honey Scooters (WG)*, Pears*, Milk	Philly Roll (WG Dinner Roll filled with Cream Cheese), Peaches*, Milk	Trix*, Bananas, Milk
Lunch/ Dinner	For	Tuna Salad, Croissant (WG), Green Beans*, Apple Sauce*, Milk	Chicken Patty, Hamburger Roll, French Fries, Pineapple*, Milk	Lasagna, Green Beans*, Fresh Pears, Milk	Fish Sticks, Rice, Peas & Carrots, Pineapple Chunks, Milk
Snack	Snow	Mini Snackers*, Milk	String Cheese, Apple WedgesG	Cheese Its (WG)*, Apple Juice*	Muffins, Milk
	13	14	15	16	17
Breakfast	Scooters(WG)*, Apple Sauce, Milk	Pancakes, Mixed Fruit*, Milk	Cinnamon Raisin Bagels (WG), Cream Cheese, Pears*, Milk	Eggo Waffles (WG)*, Peaches*, Milk	Breakfast Buritto (Tortilla, MS Sausage Links, Cheese) Mixed Fruit*, Milk
Lunch/ Dinner	Tuna Salad, Croissant (WG), Green Beans*, Apple Sauce*, Milk	Hot Dog, Bun (WG), Beans, Baby Carrots, Pineapple*, Milk	Pasta Bolognese, Broccoli, Peaches*, Milk	Pizza Bagels, Cheese Slices, Corn*, Apples, Milk	Egg Salad Sandwich (WG), Cherry Tomatoes, Peaches*, Milk
Snack	Tortilla Chips, Salsa	Pretzels*, Apple Juice*	Tiger Grahams*, Grape Juice	Snack Loaves (WG), Milk	Chat Snax*, Milk
	CBS Closed MLK Day 20	21	22	23	24
Breakfast		Froot Loop Waffles, Pears*, Milk	Cocoa Puffs*, Peaches*, Milk	Breakfast Bagel (WG) (1/2 Bagel with Morning Star Sausage & Cheese), Mixed Fruit*, Milk	Corn Flakes*, Bananas, Milk
Lunch/ Dinner		Penne with Blush Sauce, Snap Peas, Apple Sauce*, Milk	Deli Sandwich (WG), Cucumbers, Mixed Fruit*, Milk	Chicken Nuggets, Slider Rolls (WG), Snap Peas, Mixed Fruit*, Milk	Spaghetti & Meatballs, Fresh Peppers, Peaches*, Milk
Snack		Mini Snackers* (WG), Milk	Muffins, Milk	Pretzels*, Chik Pea Dip	Grape Juice*, Corn Chips*
	27	28	29	30	31
Breakfast	Rice Krispies*, Mixed Fruit*, Milk	Pancakes, Pineapple*, Milk	Philly Roll (WG), Apple Sauce*, Milk	Scooters*, Peaches*, Milk	Yogurt, Granola, Pears*, Milk
Lunch/ Dinner	Veggie Burgers, Bun (WG), Cheese Slice, French Fries, Peaches*, Milk	Sliders, Roll (WG), Broccoli, Apple Wedges, Milk	Ziti, Peas & Carrots, Pears*, Milk	Chicken LoMein, Orange Wedges, Milk	Morning Star Chik n Nuggets, Dinner roll (WG), Baby Carrots, Apple Sauce*, Milk
Snack	Animal Crackers (WG)*, Milk	String Cheese, Cheddar Chex Mix*	Tiger Grahams*, Apple Juice*	Corn Chips*, Grape Juice*	Snack Loaves, Milk
	If open on 20th / MLK Day				
Breakfast	Choice of Cereal*, Choice of Fruit*, Milk		All Breakfasts and Lunches served with 1% milk for children age 3 and older and Whole milk for children age 1-2 years.		
Lunch/Dinner	Sun Butter & Jam Sandwiches (WG), Peaches*, Carrots*, Milk		*Supplied by Bulk/Supply deliveries. Please fill out online order form 2 weeks before supplies or paper products are needed.		
Snack	Choice of Snack*, Choice of Juice OR Fruit*	Please record all "Choices" for the 20th on the Substitution Ledger			



MEAL PATTERNS



Breakfast

Serve Milk, Grains*, Vegetables or Fruit				
COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	2 servings 2 oz eq
<i>*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per</i>				

Lunch/Supper

Serve all 5 components				
COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Grains	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	2 servings 2 oz eq
<i>* A serving of milk is not required at supper meals for adults - * oz eq = ounce equivalents</i>				

Snack

Serve 2 of the 5 components				
COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	1/2 cup - 1% milk	1 cup - 1 % milk	1 cup -1 % milk
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Grains	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	1 serving 1 oz eq
<i>*oz eq = ounce equivalents</i>				