

Preschool Breakfast and Lunch Menu

January



Important Food Services Update



We continue to experience nationwide supply chain issues with last minute item replacement and/or shortages from our vendors and distributors.

Menus are subject to change, however, we will do our best to offer the planned menu items.

We appreciate your patience and understanding.

January 3

Breakfast
Cereal with String Cheese

Lunch
Grilled Bean & Cheese Burrito
Yellow Corn
Fruit Cup

January 4

Breakfast
Breakfast Turkey Sausage Pizza

Lunch
Breaded Chicken Patty Sandwich
Cucumber Coins
Fresh Banana

January 5

Breakfast
Assorted Trix Yogurt with Mini Banana Muffin

Lunch
Pork Sausage Patties * (2) with French Toast (1)
Green Salad
Fresh Apple Slices

January 6

Breakfast
Mini Chocolate Chip French Toast Bites

Lunch
Cheese French Bread Pizza
Mixed Vegetables
Fruit Cup

January 7

Breakfast
Waffle Battered Chicken Chunks (6 pcs)

Lunch
Turkey Taco Pocket
Baby Carrots
Raisins or Craisins

January 10

Breakfast
Cereal with String Cheese

Lunch
Chicken Tenders (3 pcs)
Yellow Corn
Fruit Cup

January 11

Breakfast
Bagel Cheese Pizza

Lunch
Cheesy Pull Apart Bread with Marinara Sauce Cup
Cucumber Coins
Fresh Banana

January 12

Breakfast
Assorted Trix Yogurt with Mini Blueberry Muffin

Lunch
Chicken Corn Dog
Green Salad
Fresh Apple Slices

January 13

Breakfast
Colby Cheese Omelet with Mini Chocolate Chip Muffin

Lunch
Spaghetti with Meat Sauce & Cheesy Breadstick
Mixed Vegetables
Fruit Cup

January 14

No School

Non-Student Day

Available Daily

Breakfast

All breakfast meals are served with the choice of: fruit, 100% fruit juice, and 1% low-fat white milk.

Lunch

All lunch meals are served with a variety of fruits and vegetables including: dark green, red/orange, starchy vegetables & legumes, and 1% low-fat white milk.



This institution is an equal opportunity provider.

January 17

Martin Luther King, Jr.

1929
1968



1964
Awarded
Nobel Peace
Prize

No School

January 18

Breakfast
Cereal with String Cheese

Lunch
Chicken Tenders (3 pcs)
Baby Carrots
Fruit Cup

January 19

Breakfast
Assorted Trix Yogurt with
Mini Banana Muffin

Lunch
Macaroni & Cheese
Green Salad
Fresh Apple Slices

January 20

Breakfast
Mini Strawberry Pancakes

Lunch
Hamburger
Mixed Vegetables
Fruit Cup

January 21

Breakfast
Waffle Battered Chicken
Chunks (6 pcs)

Lunch
Cheese Pizza Sliders (2 pcs)
Baby Carrots
Raisins/Craisins



New Year's Eve Word Search

O	N	N	T	Y	R	A	U	N	A	J	I
U	H	W	H	T	R	K	X	T	H	V	D
D	L	O	T	L	R	D	N	U	M	M	K
A	R	D	H	W	E	L	B	E	W	Y	V
O	A	T	G	Q	S	W	I	N	B	U	N
M	D	N	I	R	O	B	F	H	Q	R	O
A	N	U	N	P	L	O	H	D	Y	Z	I
E	E	O	D	P	U	U	U	H	E	T	T
M	L	C	I	A	T	T	M	M	A	C	A
I	A	L	M	R	I	U	E	C	R	Y	R
T	C	J	T	T	O	N	V	K	X	H	B
C	R	K	T	Y	N	K	B	G	F	W	E
L	K	A	X	C	G	F	S	G	P	E	L
O	T	S	H	E	Y	S	K	E	Q	A	E
C	I	H	O	U	R	G	L	A	S	S	C
K	B	F	Y	Z	B	W	T	S	R	I	F

CALENDAR
CLOCK
MIDNIGHT
COUNTDOWN
RESOLUTION
PARTY

JANUARY
HOURGLASS
FIRST
YEAR
TIME
CELEBRATION



January 24

Breakfast
Cereal with String Cheese

Lunch
Chicken Nuggets (5 pcs)
Fun & Fitness Educational
Crackers
Yellow Corn
Fruit Cup

NEW

January 25

Breakfast
Breakfast Turkey Sausage
Pizza

Lunch
Beef Soft Taco
Cucumber Coins
Fresh Banana

January 26

Breakfast
Assorted Trix Yogurt with
Mini Blueberry Muffin

Lunch
Chicken Double Dogs
Green Salad
Fresh Apple Slices

January 27

Breakfast
Colby Cheese Omelet with
Mini Chocolate Chip Muffin

Lunch
Orange Popcorn Chicken
with Vegetable Fried Rice
Mixed Vegetables
Fruit Cup

January 28

Breakfast
Pork Sausage Links* (2 pcs)
with Pancake (1)

Lunch
Enchilada Taquito
Baby Carrots
Raisins/Craisins

January 31

Breakfast
Cereal with String Cheese


Lunch
Mini Cheeseburger Sliders
Yellow Corn
Fruit Cup



All Grain Products are
either Whole Grain or
51% Whole Wheat.
* = Food Contains Pork
Menu is Subject to
Change.

WORD OF THE MONTH

Forgiveness



1. has to do with making
a decision to free
yourself from holding on
to resentment and
feelings of revenge
toward someone who
hurt you.



TAKE 5!

1. Grain 2. Vegetable 3. Fruit



4. Milk 5. Meat or Meat Alternate

**CHOOSE AT LEAST 3, INCLUDING:
1/2 CUP OF FRUIT OR VEGETABLE AND
AT LEAST TWO OTHER FULL COMPONENTS**

5 FOR BEST NUTRITION, CHOOSE ALL 5!