

CHEF PREPARED NUTRITION PLAN

Monday

Tuesday

Wednesday

Thursday

Friday

January 1st is National Black Eyed Pea Day!!

Share your favorite Black Eyed Pea recipe, or your own family traditions that bring you good luck in the new year!



January
2021

Do you know anyone who is looking for the best early care & education for their children? We'll have tours & enrollment specials for them as well!



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TO YOUR PHONE

- All varieties of dairy are low fat & made from reduced fat/2% milk.
- Our nutrition plan exclusively serves whole wheat and/or whole grain pasta, rice & bread items.
- All servings of vegetables are fresh/frozen daily.
- Children under two are served soft fruit and veggies in place of fresh.
- All eggs are fully cooked before serving.

<p>4</p> <p>a.m. Bagels & Cream Cheese Turkey Flat Bread Pizza Asparagus Pineapple</p> <p>p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>5</p> <p>a.m. Sausage Biscuit Whole Wheat Fettuccine Alfredo W/Grilled Chicken Garlic Bread Cauliflower Pears</p> <p>p.m. English Muffin Pizzas</p>	<p>6</p> <p>a.m. Fruit and Yogurt Parfait Ham, Potato & Veggie Bake Wheat Bread Zucchini & Squash Mandarin Oranges</p> <p>p.m. *Fresh Melon</p>	<p>7</p> <p>a.m. Cinnamon Toast Chicken Cacciatore Garlic Bread Peas & Carrots Mixed Fruit</p> <p>p.m. Bananas</p>	<p>8</p> <p>a.m. Whole Grain Fig Bars Spaghetti W/ Marinara Sauce Garlic Bread *Tomato & Cheese Salad w/ Low Fat Italian *Apple Slices</p> <p>p.m. Sun butter & Jam Sandwich Squares</p>
<p>11</p> <p>a.m. Whole Grain Waffles Tuna Salad Sandwich On Wheat Bread Green Beans Pears</p> <p>p.m. Pretzels & Sun Butter</p>	<p>12</p> <p>a.m. Biscuits & Fruit Jam Soft Tacos Refried Pinto Beans Corn Pineapple</p> <p>p.m. Baked Cheese Crackers</p>	<p>13</p> <p>a.m. Yogurt Chicken, Brown Rice & Cheese Casserole Wheat Bread *Broccoli Mandarin Oranges</p> <p>p.m. *Fresh Melon</p>	<p>14</p> <p>a.m. Wheat Cheese Toast Spaghetti w/ Ground Turkey & Marinara Garlic Bread Carrots Bananas</p> <p>p.m. *Apples & Sun Butter</p>	<p>15</p> <p>a.m. Bananas Lemon & Broccoli Rotini Wheat Bread Peas *Apple Slices</p> <p>p.m. Pita Bread & Hummus</p>
<p>18</p> <p>a.m. Whole Grain Pancakes Chicken and *Broccoli Pasta Wheat Bread Asparagus Peaches</p> <p>p.m. Fruit & Grain Bars</p>	<p>19</p> <p>a.m. Cinnamon Biscuits Rotini Pasta Salad w/ Ham, *Broccoli and Cheese Wheat Bread Cauliflower Apple Sauce</p> <p>p.m. Rice Cakes</p>	<p>20</p> <p>a.m. Oatmeal W/ Blueberries Potato Beef Bake Wheat Bread Zucchini & Squash Mixed Fruit</p> <p>p.m. *Apple Slices</p>	<p>21</p> <p>a.m. English Muffins & Sun Butter Chicken Taco Casserole Flour Tortillas Peas & Carrots *Fresh Melon</p> <p>p.m. Cucumbers/ *Carrots & Low Fat Ranch</p>	<p>22</p> <p>a.m. Warm Cinnamon *Apples Shells & Cheese w/ *Broccoli Toasted Pita Bread *Tomato & Cheese Salad w/ Low Fat Italian Bananas</p> <p>p.m. Crackers, Cheese & Pepperoni Slices</p>
<p>25</p> <p>a.m. Bagels & Cream Cheese Teriyaki Chicken W/ Rice Snap Peas Pineapple</p> <p>p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>26</p> <p>a.m. Sausage Biscuit Sloppy Joes Sandwiches On Wheat Bread Coleslaw Pears</p> <p>p.m. English Muffin Pizzas</p>	<p>27</p> <p>a.m. Fruit and Yogurt Parfait Tuna Noodle Casserole Toasted Pita Bread Corn & Fresh *Tomato Mandarin Oranges</p> <p>p.m. *Apple Slices</p>	<p>29</p> <p>a.m. Cinnamon Toast Chicken Fajitas with Cheese Flour Tortillas *Tomato & Cheese Salad w/ Low Fat Ranch *Fresh Melon</p> <p>p.m. Bananas</p>	<p>30</p> <p>a.m. Whole Grain Fig Bars Bean and Cheese Tacos Flour Tortillas Mixed Vegetables *Apple Slices</p> <p>p.m. Sun butter & Jam Sandwich Squares</p>