

JANUARY 2021 MENUS

Trinity Learning Center

SUN

MON

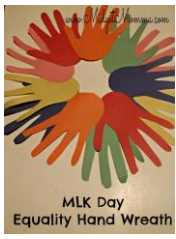
TUES

WED

THUR

FRI

SAT

	4	5	6	7	8	
<p>WEEK 1</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>Grits with Cheese Turkey Sausage CN Pineapple Tidbits Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Nugget CN Pinto Beans Tropical Fruit Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cantaloupe Raisin Bread Water</p>	<p>Biscuits and Jelly Tropical Fruit Cup Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Glazed Chicken-CN Fresh Broccoli Pineapple Rings Whole Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/ Dip Wheat Crackers Water</p>	<p>Waffle Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Pulled Chopped Pork CN Buttered Corn Sliced Peaches Whole Wheat Dinner Roll Milk (whole 12-23 m.) (1% twos and above)</p> <p>*****</p> <p>Carrot Slices/Ranch Mozzarella Cheese Water</p>	<p>Grilled Cheese Sandwich Applesauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Spaghetti D-03 Whole Wheat Noodles Green Beans Sliced Pears Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Goldfish Crackers Water</p>	<p>Mini Wheats, Oat Corn Kixs, or Rice Krispies Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Taco Bake CN Glazed Carrots Pineapple Tidbits Corn Taco Shell Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cream Cheese Bagels Water</p>	<p>USDA Child nutrition programs are available to all children without regard to race, national origin, sex, age, or disability</p> <p>For One year olds substitutions hard Fresh fruits or veggies are as follows: cooked carrots applesauce and other soft fruits or veggies Meats are quartered</p>
<p>ff</p> <p>WEEK 2</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>Wheat English Muffin Pineapple Tidbits Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Corn Dogs Pinto Beans Tropical Fruit Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cantaloupe Wheat Crackers Water</p>	<p>Grilled Cheese Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Biscuit Pie HM D-11 Pineapple rings Fresh Broccoli Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/ Dip Cheddar Cheese Cubes Water</p>	<p>Rice Krispies, Corn Kix, Oats, Mini Wheats Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Meat Loaf - CN Mashed Potato/Gravy Sliced Peaches Wheat Dinner Roll Milk (whole 12-23 m.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Ritz Crackers Water</p>	<p>Whole Wheat Waffle Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chili Con Carne HM D-25 Green Beans Sliced Pears Jiffy Cornbread Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrots/Ranch Dip Cheez-it Crackers Water</p>	<p>French Toast Swirl Tropical Fruit Cup Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken/Cheese Melt Sweet Potatoes Fresh Apple Slices Wheat English Muffin Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cream Cheese Bagels Water</p>	<p>CN – Child Nutrition HM – Home Made If Fresh Fruit is out of season Frozen can be used instead.</p> <p>Cereals contain less than 6 grams of sugar per serving.</p> <p>No Fried Foods</p> <p>Water is served throughout the day as needed</p>
<p>WEEK 3</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>CLOSED</p> <p>Martin Luther King Day</p> 	<p>Biscuits and Jelly Tropical Fruit Cup Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken and Rice D-7 Fresh Broccoli Pineapple Rings Whole Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/ Dip Wheat Crackers Water</p>	<p>Waffle Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Meatballs CN Mashed Potatoes/Gravy Sliced Peaches Whole Wheat Dinner Roll Milk (whole 12-23 m.) (1% twos and above)</p> <p>*****</p> <p>Carrot Slices/Ranch Mozzarella Cheese Water</p>	<p>Grilled Cheese Sandwich Applesauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Smokies CN Green Beans Sliced Pears Wheat Macaroni/Cheese Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Goldfish Crackers Water</p>	<p>Mini Wheats, Oat Corn Kixs, or Rice Krispies Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Taco Bake CN Glazed Carrots Pineapple Tidbits Corn Taco Shell Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cream Cheese Bagels Water</p>	<p><u>UN-FLAVORED</u> Milk servings: 12-23 months ¼ cup (whole) 2-5 years ¾ cup (1%) 6-12 years 1 cup (1%)</p> <p>Grain servings: 1-2 years ½ ounce 3-5 years ¾ ounce 6-12 years 1 ounce</p>
<p>WEEK 4</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>Wheat English Muffin Pineapple Tidbits Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Sausage Pizza CN Pinto Beans Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cantaloupe Raisin Bread Water</p>	<p>Grilled Cheese Sandwich Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Roasted Chicken Leg Fresh Broccoli Pineapple Rings Whole Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Dip Cheddar Cheese Cubes</p>	<p>Rice Krispies, Corn Kix, Oats, Mini Wheats Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Lasagna CN Buttered Corn Sliced Peaches Whole Wheat Dinner Roll Milk (whole 12-23 m.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Ritz Crackers Water</p>	<p>Whole Wheat Waffle Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Salisbury Steak CN Brown Rice Green Beans Sliced Pears Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrots/Ranch Dip Cheez-it Crackers Water</p>	<p>French Toast Swirl Tropical Fruit Cup Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken/Cheese Melt Sweet Potatoes Fresh Apple Slices Wheat English Muffin Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cream Cheese Bagels Water</p>	<p>Meat servings: 1-2 years 1 ounce 3-5 years 1½ ounce 6-12 years 2 ounce</p> <p>Fruit/Vegetable servings 1-2 years 1/8 ounce each 3-5 years ¾ ounce each 6-12 years 1 ounce each</p>