





# JANUARY MENUS 2018

Trinity Learning Center *Where Learning and Fun are*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>WEEK 1</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p>1</p> <p><b>CLOSED</b></p> 	<p>2</p> <p>Whole Wheat Waffle Pineapple Rings Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Fish Star Nuggets-CN Broccoli Sliced Peaches Roll (whole wheat) Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Mozzarella Cheese Water</p>	<p>3</p> <p>Oat Cheerios Banana Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beefy WG Brown Rice Casserole HM-D07 Sweet Potato Apple Sauce Milk (whole-12-23 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Wheat Saltine Crackers Water</p>	<p>4</p> <p>Croissant/Butter Sliced Melon Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Mexicali Beef Taco Boat-HM Pinto Beans Pears Corn Chips/Salsa Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Banana Wheat Thins Crackers Water</p>	<p>5</p> <p>Frosted Mini Wheats Fresh Blue Berries Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Chicken Noodle Soup Grilled Cheddar Sandwich On Whole Wheat Bread Green Beans Pineapple Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Strawberries Gold Fish Crackers Water</p>	<p>USDA Child nutrition programs are available to all children without regard to race, national origin, sex, age, or disability</p> <p>Water is served throughout the day as needed</p> <p>For One year olds substitutions for hard fresh fruits or veggies are as follows: cooked carrots applesauce and other soft fruits or veggies</p>
<p><b>WEEK 2</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p>8</p> <p>Honey Wheat English Muffin Pineapple Rings Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beef Slider-CN Enriched White Bun Corn on the Cob Apple Slices Milk(whole 12-23 mos) Milk (1% two and up)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Wheat Thins Crackers Water</p>	<p>9</p> <p>Cheesy Grits Sliced Melon Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Turkey Corn Dogs-CN Broccoli Sliced Peaches Roll (whole wheat) Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Banana Wheat Saltine Crackers Water</p>	<p>10</p> <p>Rice Krispy's Banana Milk (whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beef Meatballs-CN WG Brown Rice/Gravy Sweet Potato Apple Sauce Milk (whole-12-23 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Cheddar Cheese Cubes Water</p>	<p>11</p> <p>Biscuits/Jam Mandarin Oranges Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Mexicali Chicken Taco Boat-HM Pinto Beans Pears Corn Chips/Salsa Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Tropical Fruit Wheat Soft Pretzel Stick Water</p>	<p>12</p> <p>Corn Kix Fresh Strawberries Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Tomato Meatball Soup Grilled Cheddar Sandwich On Whole Wheat Bread Green Beans Pineapple Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Blueberries Gold Fish Crackers 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><b>WEEK 3</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p>15</p> <p><b>CLOSED</b></p> 	<p>16</p> <p>Whole Wheat Waffle Pineapple Rings Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Lil' Beef Smokies-CN Macaroni/Cheddar Cheese /Broccoli Sliced Peaches Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Mozzarella Cheese Water</p>	<p>17</p> <p>Oat Cheerios Banana Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Roasted Chicken Leg WG Brown Rice/Gravy Sweet Potato Tropical Fruit Milk (whole-12-23 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Wheat Saltine Crackers Water</p>	<p>18</p> <p>Croissant/Butter Sliced Cantaloupe Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beef/Bean Chili Con Carne HM-D25 Rainbow Bell Peppers Sliced Cucumbers Pears/ Corn Chips Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Banana Wheat Thins Crackers Water</p>	<p>19</p> <p>Frosted Mini Wheats Fresh Blue Berries Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Chicken Noodle Soup Grilled Cheddar Sandwich On Whole Wheat Bread Green Beans Pineapple Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Strawberries Gold Fish Crackers Water</p>	<p>UN-FLAVORED Milk servings: 12-23 months 1/2 cup (whole) 2-5 years 3/4 cup (1 %) 6-12 years 1 cup (1%)</p> <p>Grain servings: 1-2 years 1/2 ounce 3-5 years 1/2 ounce 6-12 years 1/2 ounce</p>
<p><b>WEEK 4</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p>22</p> <p>Honey Wheat English Muffin Pineapple Rings Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Cheese Pizza-CN Whole Wheat Crust Corn on the Cob Fresh Apple Slices Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Wheat Ritz Crackers Water</p>	<p>23</p> <p>Cheesy Grits Sliced Melon Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beef and WW Spaghetti Casserole D-03 Broccoli Sliced Peaches Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Banana Wheat Saltine Crackers Water</p>	<p>24</p> <p>Rice Krispy's Banana Milk (whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Meat Loaf-CN WG Brown Rice/Gravy Sweet Potato Apple Sauce Milk (whole-12-23 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Cheddar Cheese Cubes Water</p>	<p>25</p> <p>Biscuits/Jam Mandarin Oranges Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Glazed Chicken Breast-CN w/BBQ Sauce Pinto Beans Pears Wheat Roll Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Tropical Fruit Wheat Soft Pretzel Stick Water</p>	<p>26</p> <p>Corn Kix Fresh Strawberries Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Tomato Meatball Soup Grilled Cheddar Sandwich On Whole Wheat Bread Green Beans Pineapple Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Blueberries Gold Fish Crackers Water</p>	<p>Meat servings: 1-2 years 1 ounce 3-5 years 1 1/2 ounce 6-12 years 2 ounce</p> <p>Fruit/Vegetable servings 1-2 years 1/8 ounce each 3-5 years 1/4 ounce each 6-12 years 1/2 ounce each</p>
<p><b>WEEK 5</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p>29</p> <p>Bran Muffin Mandarin Oranges Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Chicken Alfredo HMD54r WG Rotini Pasta Corn on the Cobb Apple Slices Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Tropical Fruit Wheat Soft Pretzel Stick Water</p>	<p>30</p> <p>Whole Wheat Waffle Pineapple Rings Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Fish Star Nuggets-CN Broccoli Sliced Peaches Roll (whole wheat) Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Mozzarella Cheese Water</p>	<p>31</p> <p>Oat Cheerios Banana Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beefy WG Brown Rice Casserole HM-D07 Sweet Potato Apple Sauce Milk (whole-12-23 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Wheat Saltine Crackers Water</p>	 	<p>To review Recipe ingredients search <a href="#">Child Care Recipes</a>, <a href="#">Food for Health &amp; Fun</a> USDA-FNS 304, 1999</p>	

