



**Main Lunch Menu
January 2025**

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk

(menu modifications in italics)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk *(menu modifications in italics)*

3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
December 30 Turkey Burger w/ Cheddar Cheese on WGR Bun Tator Tots Ketchup Fruit Milk Veggie Burger on WG Bun	December 31 Pizza Bagel – Mozzarella cheese and marinara sauce on WGR Bagel Celery Sticks (Diced Cucumbers) Ranch Dressing Fruit Milk	January 1 Happy New Year!!	January 2 Turkey & Cheese Sandwich on WGR Bread Tomato & Cucumber Salad Fruit Milk Cheese Sandwich	January 3 Cheese Sandwich on WGR Bread Carrot Sticks (Chic Peas) Ranch Dressing Mayonnaise Fruit Milk
January 6 Beef & Bean Chili WGR Dinner Roll Fruit Milk Veggie Bean Chili “National Bean Day”	January 7 WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk Veggie Nuggets	January 8 Cheese Sandwich on WGR Bread Carrot Sticks (Chic Peas) Ranch Dressing Mayonnaise Fruit Milk	January 9 Meatloaf w/Beef Gravy WGR Dinner Roll Mixed Vegetables Fruit Milk Veggie Burger	January 10 Egg Patty & Cheese on WGR Bagel Breakfast Potatoes Fruit Milk
January 13 Turkey & Cheese Sandwich on WGR Bread Green Beans Fruit Milk Cheese Sandwich	January 14 Chicken, Cheddar Cheese, and Brown Rice Bake Peas Fruit Milk Tofu, Cheddar, Rice Bake	January 15 Mac & Cheese w/ WGR Pasta Mixed Vegetables Fruit Milk	January 16 WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk Veggie Nuggets	January 17 Turkey Ham & Cheese Hoagie on WGR Roll w/ Mayonnaise Cucumbers (Peeled and Diced Cucumber) Fruit Milk Cheese Hoagie
January 20 Grilled Chicken w/ Gravy WGR Biscuit Carrots Fruit Milk Veggie Nuggets	January 21 Turkey Sausage String Cheese WGR French Toast Carrot Sticks w/ Ranch Dressing (Cooked Carrots) Fruit Milk WG Waffle and Veggie Sausage	January 22 Grilled Chicken w/Salsa Red Beans & Brown Rice Fruit Milk Veggie Nuggets	January 23 Baked Turkey Ham Steak WGR Dinner Roll Green Beans Fruit Milk Veggie Burger	January 24 Chic Pea Butter Sandwich on WGR Bread Diced Cucumber (Peeled and Diced Cucumber) Mayonnaise Fruit Milk
January 27 Grilled Chicken Pot Pie w/Mixed Vegetables WGR Biscuit Fruit Milk Lentil Pot Pie	January 28 WGR Pasta w/ Meat Sauce Green Beans Fruit Milk WGR Spaghetti w/ Tofu	January 29 Turkey & Cheese Hoagie on WGR Roll w/ Mayonnaise Cucumbers (Peeled and Diced Cucumber) Fruit Milk Cheese Hoagie	January 30 Chicken Salad Sandwich on WGR Croissant Carrot Sticks (Chic Peas) Ranch Dressing Fruit Milk Cheese Sandwich “National Croissant Day”	January 31 Mac & Cheese w/ Diced Turkey Ham and WGR Pasta Brussel Sprouts Fruit Milk “National Brussel Sprouts Day” Mac & Cheese w/ WGR Pasta

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos, Blueberries