



Menu- January 09-13, 2023

	Monday January 02	Tuesday January 03	Wednesday January 04	Thursday January 05	Friday January 06
Breakfast	Cheerios Banana Milk	Sweet Basil & Oregano Egg Frittata Milk	Wheat Toast w/ Fruit Spread Milk	Brown Sugar Grits Milk	Caramel Rice Cakes Milk
Lunch	Fried Rice w/ Soy Sauce Stir Fry Vegetables Blueberries Milk	Vegetarian Corn Chowder Strawberry Spinach Salad Milk	Red Bean & Sweet Potato Salad Balsamic Green Beans Pineapple Medley Milk	Sweet Relish Pinto Beans w/Potatoes Sautéed Cabbage & Carrots Apples Milk	Roasted Red Pepper & Tomato Soup Parmesan Baked Pita Mixed Fruit Milk
Afternoon Snack	String Cheese Mini Pretzels Water	Applesauce Graham Crackers Water	Clementines Raisins Water	Hummus Wheat Thins Water	Soft & Chewy Granola Water

*Serving sizes and meal components will be in compliance with USDA Guidelines.