



Menu –January 31- February 4, 2022

	Monday January 31	Tuesday February 1	Wednesday February 2	Thursday February 3	Friday February 4
Breakfast	Cereal Dried Fruit Milk	Mixed Berry Smoothie	Veggie Sausage Clementines Milk	Breakfast Biscuits Milk	Frittata Muffins w/ Cheese Milk
Lunch	Black Beans Cheese Toast Cucumber & Tomato Salad Milk	Chipotle Chickpea Tacos Guacamole Apples Milk	Pasta w/Roasted Red Peppers & Spinach English Peas Blueberries Milk	Roasted Sweet Potato & Red Bean Salad Green Beans Strawberries Milk	Rice Pilaf w/ Mushroom & Green Pepper Roasted Broccoli Oranges Milk
Afternoon Snack	Baby Carrots Ranch Dip Water	Pretzels Cheese Water	Pita Hummus Water	Rice Chex Raisins Water	Veggie Chips Water

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