



# BREAKFAST

## JANUARY 2019 Pre-K – 8<sup>th</sup> Child & Nutrition Program

### BIC MENU

#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday

**7**  
Maple Pancakes  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**1**  
*Happy  
New Year*

**8**  
Yogurt 4 oz. with Grand  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**14**  
Cream Cheese  
Filled Bagel Roll  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk



**28**  
Yogurt 4 oz. with Grand  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**22**  
Maple Pancake  
With Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**29**  
Cinnamon Waffles  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**9**  
Cheese / Egg Omelet With  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**16**  
Biscuit and Sausage  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**23**  
Blueberry Turkey  
Pancake Breakfast Stick  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**30**  
Blueberry Biscuit  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**3**  
Cream Cheese  
Filled Bagel Roll  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**10**  
French Toast Sticks  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**17**  
Croissant  
& Cheese Stick  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**24**  
Cream Cheese  
Filled Bagel Roll  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**31**  
Cream Cheese  
Filled Bagel Roll  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**4**  
Assorted Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**11**  
Assorted Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**18**  
Assorted Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**25**  
Assorted Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
  - (2) fax: (202) 690-7442; or
  - (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)
- This institution is an equal opportunity provider

#### Available Daily

*Peanut Butter & Jelly Sandwiches*

*American Cheese Sandwiches (Mayo/Mustard)*

*A side salad (1/2 cup) of leafy dark green vegetable is offered daily.*

*1/2 cup Fresh Fruit options will be offered daily*

**Select a fruit AND/OR vegetable with your sandwich**

[Enter Additional Info]



# LUNCH

## JANUARY 2019 Pre-K – 8<sup>th</sup> Child & Nutrition Program

### HOT LUNCH MENU

#### Monday

Alternative Meal:  
Hot Ham/Cheese on a Bagel  
Alternative meals are served with main meal "sides."

**7**  
Kickin Chicken Smackers with a Baked Bread Stick  
Vegetarian Beans, ½ cup  
Assorted Fruit, ½ cup  
Milk

**14**  
Pork Meatball Sandwich on a Roll  
Steamed Carrots, ½ cup  
Assorted Fruit, ½ cup  
0.75 oz. Goldfish Crackers  
Milk



**28**  
Grilled Cheese Sandwich  
Steamed Carrots, ½ cup  
Seasoned French Fries, ½ cup  
Assorted Fruit, ½ cup  
Milk

#### Tuesday

Happy  
New Year

**8**  
Cowboy Beef Taco w/ cheese on a Soft Shell  
Shredded Lettuce  
Red Kidney Beans, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**15**  
Tasty Chicken Taco w/ cheese on Soft Shell  
Black Bean Salad, ½ cup  
Roasted Corn, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**22**  
Oven Roasted Chicken Pieces  
Brown Rice  
Carrot Coins, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**29**  
Cowboy Beef Nachos  
Shredded Lettuce  
Red Kidney Beans, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

#### Wednesday

**2**  
Grilled Cheese Sandwich  
Steamed Carrots, ½ cup  
Potato Smile Fries, ½ cup  
Assorted Fruit, ½ cup  
Milk

**9**  
Breaded Chicken Patt on a Bun  
Smile Fries, ½ cup  
Assorted Fruit, ½ cup  
Choice of Milk

**16**  
Charbroiled Cheese Burger on Bun  
Sliced Tomato & Pickle Chips  
Smile Fries, ½ cup  
Assorted Fruit, ½ cup  
Milk

**23**  
Mama's Beef Meatball with Rotini Pasta  
Bread Stick  
& Marinara Sauce  
Steamed Green Beans, ½ cup  
Assorted Fruit, ½ cup

**30**  
Breaded Chicken Pieces  
Brown Rice  
Steamed Broccoli, ½ cup  
Assorted Fruit, ½ cup  
Milk

#### Thursday

**3**  
Turkey or Turkey Ham & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips  
Sweet Potato Fries, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**10**  
Baked Macaroni & Cheese  
Carrot Coins, ½ cup  
Steamed Broccoli, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**17**  
Crispy Mozzarella Sticks  
Rotini Pasta  
Marinara Sauce  
Steamed Zucchini, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**24**  
Brunch for Lunch  
Stuffed Cheese Omelet  
Tortilla Shell  
Potato Smiles, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**31**  
Turkey or Turkey Ham & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips  
Sweet Potato Fries, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

#### Friday

**4**  
Homemade Baked Z'iti & Cheese  
Steamed Green Beans, ½ cup  
Fruit Cup, ½ cup  
Milk

**11**  
NY Sicilian Pizza  
Celery Sticks/Low Fat Dip, ½ cup  
Fruit Cup, ½ cup  
Milk

**18**  
Hearty Three Bean Chili with Brown Rice  
Cookie Treat  
Carrot Sticks & Dip, ½ cup  
Fruit Cup, ½ cup

**25**  
French Bread Pizza  
Steamed Broccoli, ½ cup  
Crunchy Carrot Sticks, ½ cup  
Fruit Cup, ½ cup  
Milk

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**Available Daily**  
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American Cheese Sandwiches  
(Mayo/Mustard)  
A side salad (1/2 cup) of leafy dark green vegetable is offered daily.  
½ cup Fresh Fruit options will be offered daily  
**Select a fruit AND/OR vegetable with your sandwich**