

League of Extraordinary Children
JANUARY 2023
 Breakfast Menu

KEY:
 ** 12 months to 23 months
 receive whole milk



Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	3 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	4 French Toast Sticks Strawberries 1% Unflavored Fat Free Milk	5 Cheerios Orange Slices 1% Unflavored Fat Free Milk	6 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk
9 Whole Grain English Muffin Cream Cheese/Butter Pineapples 1% Unflavored Fat Free Milk	10 French Toast Sticks Strawberries 1% Unflavored Fat Free Milk	11 Cheerios Apples 1% Unflavored Fat Free Milk	12 Whole Grain Waffle Strawberries 1% Unflavored Fat Free Milk	13 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk
16 CLOSED	17 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	18 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	19 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	20 Whole Grain Waffle Peaches 1% Unflavored Fat Free Milk
23 Rice Krispies Cereal Bananas 1% Unflavored Fat Free Milk	24 Multi-grain Cheerios Strawberries 1% Unflavored Fat Free Milk	25 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	26 Cheerios Apples 1% Unflavored Fat Free Milk	27 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk
30 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk	31 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk			

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 Lunch Menu



**** KEY:**
 Mixed Vegetables: Carrots,
 Green Peas, and Corn

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Mac & Cheese (real cheese) Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	3 Whole Grain Brown Rice Split Pea Cucumber Banana 1% Unflavored Fat Free Milk	4 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	5 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	6 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
9 Black Beans White Rice Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	10 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	11 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	12 Lentil Soup White Rice Green Peas Pineapple 1% Unflavored Fat Free Milk	13 Baked Chicken Nuggets Baked Shoe-String Potato Fry Whole Grain Bread Roll Carrots Peach Slices 1% Unflavored Fat Free Milk
CLOSED	17 Yellow Rice Vienna Sausage on the side Green Beans Peach Slices 1% Unflavored Fat Free Milk	18 Mac & Cheese (real cheese) Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	19 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	20 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
23 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	24 Black Beans White Rice Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	25 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	26 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	27 Baked Chicken Nuggets Baked Shoe-String Potato Fry Whole Grain Bread Roll Carrots Peach Slices 1% Unflavored Fat Free Milk
30 Black Beans White Rice Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	31 Hot Dog Hot Dog Bun Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk			

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P.M. Snack Menu



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Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Rice Krispie Bananas 1% Unflavored Fat Free Milk	3 Applesauce Bananas 1% Unflavored Fat Free Milk	4 Granola Bar: Chocolate Chip Strawberries 1% Unflavored Fat Free Milk	5 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk	6 Whole Grain Tortilla Chips Cheese Peaches 1% Unflavored Fat Free Milk
9 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk	10 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	11 Whole Grain Cheez-it Pears 1% Unflavored Fat Free Milk	12 Applesauce Bananas 1% Unflavored Fat Free Milk	13 Vanilla Greek Yogurt Granola Strawberries 1% Unflavored Fat Free Milk
16 CLOSED	17 Baked Potato Chips Apples 1% Unflavored Fat Free Milk	18 Chocolate Chip Sugar Free Cookies Strawberries 1% Unflavored Fat Free Milk	19 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	20 Pretzels Raisins Peaches 1% Unflavored Fat Free Milk
23 Granola Bar: Chocolate Chip Strawberries 1% Unflavored Fat Free Milk	24 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	25 Animal Crackers Peaches 1% Unflavored Fat Free Milk	26 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk	27 Vanilla Greek Yogurt Granola Strawberries 1% Unflavored Fat Free Milk
30 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk	31 Baked Potato Chips Apples 1% Unflavored Fat Free Milk			