



January 2021



Care a lot

"Where caring is at the heart of what we do!"

Garlic Bread Pizza Sandwiches



Center Closed

<p><u>4</u> Breakfast Corn Chex Pineapple Tidbits</p> <p>Lunch Meatball Sub on a Whole Wheat Roll Carrots Fruit Cocktail</p> <p>Snack Soy Butter Dip Apple Slices</p>	<p><u>5</u> Breakfast Wheat Toast Bananas</p> <p>Lunch Chicken w/ Brown Rice Mixed Veggies Applesauce</p> <p>Snack Goldfish Crackers Grape Halves</p>	<p><u>6</u> Breakfast Hot Biscuit Diced Pears</p> <p>Lunch Turkey & Gravy w/ Mashed Potatoes Whole Wheat Roll Pineapple Tidbits</p> <p>Snack Vanilla Yogurt Graham Crackers</p>	<p><u>7</u> Breakfast Whole Wheat Pancakes Banana</p> <p>Lunch Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p>Snack Bread Sticks Marinara Dipping Sauce</p>	<p><u>8</u> Breakfast Breakfast Pizza on Whole Wheat Crust Banana Slices</p> <p>Lunch Hamburgers on Whole Wheat bun Sweet potato Tots Pears</p> <p>Snack Cheddar Cheese Wheat Crackers</p>
<p><u>11</u> Breakfast Corn Flakes Mandarin Oranges</p> <p>Lunch Ravioli & Meat Sauce Carrots Diced Pears</p> <p>Snack Whole Wheat Banana Bread Milk</p>	<p><u>12</u> Breakfast Whole Wheat Cinnamon Muffin Fruit Cocktail</p> <p>Lunch Chicken with Veggies and Pasta Diced Peaches</p> <p>Snack Soft Pretzel Cheddar Cheese</p>	<p><u>13</u> Breakfast Mini-Quiche Apricot Halves</p> <p>Lunch Baked Beans w/Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p>Snack Wheat Crackers Apple Slices</p>	<p><u>14</u> Breakfast Bagel Peaches</p> <p>Lunch Pasta & Meat Sauce Green Salad Oranges</p> <p>Snack Whole Wheat Pita Bread w/ Soy Butter</p>	<p><u>15</u> Breakfast Cinnamon Wheat Toast Fresh Banana Slices</p> <p>Lunch Chicken Noodle Soup Whole Wheat Roll Corn Pineapple Tidbits</p> <p>Snack Vanilla Yogurt with Blueberries</p>

Ingredients

- 1 package (11-1/4 ounces) frozen garlic Texas toast
- 1/4 cup pasta sauce
- 4 slices provolone cheese
- 16 slices pepperoni
- 8 slices thinly sliced hard salami

Directions:

- Preheat griddle over medium-low heat. Add garlic toast; cook until lightly browned, 3-4 minutes per side.
- Spoon 1 tablespoon sauce over each of 4 pieces of toast. Top with cheese, pepperoni, salami and remaining toast. Cook until crisp and cheese is melted, 3-5 minutes, turning as necessary. If desired, serve with additional sauce.



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<p>18 Breakfast Rice Krispies Apple Slices</p> <p>Lunch Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p>Snack Ritz Crackers String Cheese</p>	<p>19 Breakfast Whole Wheat English Muffin Pineapple</p> <p>Lunch Chicken w/ Brown Rice Peas and Carrots Cantaloupe</p> <p>Snack Animal Crackers Pears</p>	<p>20 Breakfast Whole Wheat Pancakes Banana</p> <p>Lunch Turkey Sandwich Mixed Veggies Fruit Cocktail</p> <p>Snack Cheese-its Apple Slices</p>	<p>21 Breakfast Homemade French Toast Peaches</p> <p>Lunch BBQ Chicken Whole Wheat Roll Broccoli Oranges</p> <p>Snack Ants on a Log (Bananas, Soy Butter & Raisins)</p>	<p>22 Breakfast Cornbread Sliced Peaches</p> <p>Lunch Sloppy Joe Whole Wheat Roll Hash Brown Potatoes Apple Slices</p> <p>Snack Snack Mix Grapes</p>
<p>25 Breakfast Cheerios Pear Halves</p> <p>Lunch Chicken Taco on a Whole Wheat Wrap Corn Pineapple Chunks</p> <p>Snack Apple Slices Pretzels</p>	<p>26 Breakfast Oatmeal Muffins Peaches</p> <p>Lunch Soy Butter & Jelly on Wheat Bread Mixed Vegetables Fruit Cocktail</p> <p>Snack Whole Wheat Pita Orange</p>	<p>27 Breakfast Breakfast Pizza on Whole Wheat Crust Fresh Banana Slices</p> <p>Lunch Cheeseburger Macaroni Carrots Applesauce</p> <p>Snack Salsa Corn Chips</p>	<p>28 Breakfast Bagels Cantaloupe</p> <p>Lunch Chicken Nuggets Green Beans Whole Wheat Roll Apples</p> <p>Snack Yogurt Graham Crackers</p>	<p>29 Breakfast Whole Wheat Pumpkin Muffin Apricots</p> <p>Lunch Shells w/ Beef & Sauce Steamed Broccoli Pears</p> <p>Snack Ritz Crackers Cheese Cubes</p>

Is Your Infant Hungry or Full?



Since infants cannot talk, they have different ways to let us know when they are hungry and full. Responsive feeding makes meal times easier and even enhances the relationship you have with your infant.

Hungry

1. Makes sucking noises and motions
2. Clenches their fingers or fists over their tummy
3. Flexes their arms and legs

Full

1. Starts and stops feeding often
2. Spits out or ignore the bottle or breast
3. Fidgets or gets distracted easily

Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change



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