

# Sunset Academy Monthly Menu: January

| MEAL   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|--------|---|--|--|---|--|
| Week 1 | NEW YEARS DAY<br>CLOSED   | <u>A.M. Snack:</u> Cottage Cheese w/ Peaches Water<br><u>Lunch:</u> Chicken Nuggets, Corn, Strawberries, Milk<br><u>P.M. Snack:</u> Nilla Wafers w/ Bananas, Water | <u>A.M. Snack:</u> Oatmeal w/ Blueberries Milk<br><u>Lunch:</u> Grilled Cheese, Peas, Pears, Milk<br><u>P.M. Snack:</u> Cucumbers w/ Ranch and Water | <u>A.M. Snack:</u> Waffles w/ Strawberries Milk<br><u>LUNCH:</u> BBQ Chicken, Mix veggies, Applesauce, Milk<br><u>P.M.</u> Turkey Slices w/ crackers, Water | <u>A.M. Snack:</u> Breakfast Fruit Bars<br><u>LUNCH:</u> Meat ball Subs, Carrots, Mix Fruit, Milk<br><u>P.M.</u> Gogurt, Animal Crackers, Water          |
| WEEK 2 | <u>A.M.</u> Cereal w/ Strawberries<br><u>LUNCH:</u> Alfredo Lasagna, Peaches, Mixed Veggies, Milk<br><u>P.M.</u> Cheese and Crackers w/ Water | <u>A.M. Snack:</u> Snack: French Toast w/ Bananas, Milk<br><u>LUNCH:</u> Spaghetti, Pineapples, Peas, Milk<br><u>P.M.</u> Gold Fish, Water                         | <u>A.M.</u> Pancakes,<br>Strawberries, Milk<br><u>LUNCH:</u> Sloppy Joe, Oranges, Cucumbers, Milk<br><u>P.M. Snack:</u> Pretzels, Water              | <u>A.M.</u> Breakfast Fruit Bars, Milk<br><u>LUNCH:</u> Turkey and Cheese Sandwiches, Mix Fruit, Carrots, Milk<br><u>P.M.</u> Gogurt Animal Crackers, Water | <u>A.M. Snack:</u> Graham Crackers, Applesauce, Milk<br><u>LUNCH:</u> Tuna Sandwiches, Peaches, Green Beans, Milk<br><u>P.M. Snack:</u> Trail Mix, Water |
| WEEK 3 | <u>A.M.</u> Yogurt, Peaches, Granola, Water<br><u>LUNCH:</u> Mac & Cheese, Broccoli, Apples<br><u>P.M.</u> Animal Crackers, Water             | <u>A.M.</u> Toast w/ jelly<br><u>LUNCH:</u> Bean and Cheese burritos, Corn, Mix Fruit, Milk<br><u>P.M.</u> Figs Newtons, Water                                     | <u>A.M.</u> Bagel w/ Cream Cheese, Water<br><u>LUNCH:</u> Cheese Pizza, Carrots, Pineapples, Milk<br><u>P.M.</u> Wheat Thins, Water                  | <u>A.M.</u> Breakfast Fruit Bars<br><u>LUNCH:</u> Turkey and Cheese Sandwiches, Applesauce, Cucumbers, Milk<br><u>P.M.</u> Gogurt, Graham Crackers, Water   | <u>A.M.</u> Cereal w/ Bananas<br><u>LUNCH:</u> Spaghetti, Mixed Veggies, Oranges, Milk<br><u>P.M.</u> Goldfish, Water                                    |
| WEEK 4 | <u>A.M:</u> Cinnamon Bread<br><u>LUNCH:</u> Grilled Cheese, Broccoli, Pineapples, Milk<br><u>P.M.</u> Cheese and Crackers, Water              | <u>A.M.</u> English Muffins with Jelly, Milk<br><u>LUNCH:</u> BBQ Chicken, Cucumbers, Apples, Milk<br><u>P.M.</u> Pretzels and Water                               | <u>A.M.</u> French Toast<br><u>LUNCH:</u> Meat Ball Subs, Peas, Strawberries, Milk<br><u>P.M.</u> Animal Crackers, Water                             | <u>A.M.</u> Oatmeal w/ Blueberries<br><u>LUNCH:</u> Chicken Nuggets, Green Beans, Oranges, Milk<br><u>P.M.</u> Goldfish, Water                              | <u>A.M.</u> Cereal w/ Milk<br><u>LUNCH:</u> Turkey and Cheese Sandwich, Carrots, Mix Fruit, Milk<br><u>P.M.</u> Trail Mix, Water                         |
| WEEK 5 | <u>A.M.</u> Pancakes w/ Bananas and Milk<br><u>LUNCH:</u> Spaghetti, Pineapples, Green Beans, Milk<br><u>P.M.</u> Animal Crackers, Water      | <u>A.M. Snack:</u> Yogurt Parfait w/ Water<br><u>Lunch:</u> Grilled Cheese, Cucumbers, Peaches, Milk<br><u>P.M. Snack:</u> Nilla Wafers, Bananas, Water            | <u>A.M. Snack:</u> Oatmeal, Strawberries, Milk<br><u>Lunch:</u> Sloppy Joes, Corn, Mixed Fruit, Milk<br><u>P.M. Snack:</u> Trail Mix, Water          |   |  |

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| <b>MENU NOTES</b> | Use only whole-grain, enriched or fortified breads, grains, and cereals | Follow CACFP meal pattern charts for serving sizes for each age group. | *Serve only fat-free or 1% milk to children ages 2 and over. Whole milk recommended for children 12-24 months. | Water should be made available to children to drink upon their request. Serve water with snacks when no other beverage is being served. |
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