

January 2019

First Congregational Learning Center Menu

Infant Room: All food is served per DCFS guidelines and is cooked then mashed, grated or pureed.

Children under 2 are served whole milk.

Children 2 and older are served 1% milk..

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	Center Closed for the Holiday	1 Snack: Nutrigrain bar & Milk Lunch: BBQ Turkey cups Cucumbers Peaches Milk Snack: Cinnamon Chips & Fruit Salsa	2 Snack: Graham crackers, fruit & Milk Lunch: Fish Sticks Broccoli Pears Milk Snack: String cheese & crackers	3 Snack: Yogurt & Fruit Lunch: Taco Salad: Turkey taco meat Lettuce, tomato, cheese Tortilla chips or flour tortilla Oranges Milk Snack: Veggie straws & Milk
7 Snack: Nutrigrain bar & Milk Lunch: Pancakes Sausage Green Beans Pineapple Milk Snack: Goldfish and Applesauce	8 Snack: Fruit bread & Milk Lunch: Meatballs Rice Peas Peaches Snack: Breadsticks w/marinara	9 Snack: Oatmeal, apples & Milk Lunch: Cheese pizza Vegetable blend Oranges Milk Snack: Pretzels w/cream cheese	10 Snack: Graham crackers, fruit & Milk Lunch: Macaroni & Cheese Broccoli Grapes Milk Snack: Trail mix	11 Snack: Bagel w, cream cheese Lunch: Turkey & cheese on wheat bread Cucumbers & Carrots Apples Milk Snack: Veggie straws & fruit
14 Snack: Nutrigrain bar & Milk Lunch: Fish sticks Carrots Grapes Milk Snack: Goldfish & Applesauce	15 Snack: Cinnamon bread w/cream cheese & Milk Lunch: Spaghetti Garlic Bread Peas Oranges Milk Snack: Jello & Graham crackers	16 Snack: Biscuit w/jelly & Milk Lunch: Turkey Stroganoff Broccoli Bread and Butter Apples Milk Snack: Veggie straws & fruit	17 Snack: Graham crackers, fruit & Milk Lunch: Chicken Nuggets Green Beans Pears Milk Snack: String cheese & crackers	18 Snack: Pizza Dip Lunch: Stromboli Cucumbers Oranges Milk Snack: Yogurt & Fruit
21 Snack: Cottage Cheese & Peaches Lunch: Pancakes Sausage Green Beans Pears Milk Snack: String cheese & crackers	22 Snack: Fruit bread & Milk Lunch: Turkey/cheese nachos/soft taco Corn Apples Milk Snack: Soft pretzels w/queso	23 Snack: English Muffin w/jelly & Milk Lunch: Gingerbread House Pizza Party Carrots Oranges Milk Snack: Veggie straws & fruit	24 Snack: Graham crackers, fruit & Milk Lunch: Macaroni & Cheese Broccoli Grapes Milk Snack: Trail mix	25 Snack: Bagel w/cream cheese Lunch: Cheesy Chicken Quesadilla Corn Grapes Milk Snack: Goldfish & Applesauce
28 Snack: Goldfish & Applesauce Lunch: Grilled Cheese /Tomato Soup Peas Grapes Milk Snack: Trail Mix	29 Snack: Fruit bread & Milk Lunch: Chicken Parmesan Buttered Noodles Green Beans Pineapple Milk Snack: Pretzel sticks & yogurt	30 Snack: Apple Crisp & Milk Lunch: BBQ Turkey Cups Green Beans Peaches Milk Snack: Chips & Salsa	31 Snack: Graham crackers, fruit & Milk Lunch: Fish Sticks Broccoli Pears Milk Snack: String cheese & crackers	