

January 2020

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	Snack: Graham crackers, fruit & Milk Lunch: Fish Sticks Broccoli Pears Milk Snack: String cheese & crackers	Snack: Yogurt & Granola Lunch: Turkey & cheese on wheat bread Cucumbers & Carrots Apples Milk Snack: Veggie straws & Fruit
Snack: Nutrigrain bar & Milk Lunch: Pancakes Sausage Green Beans Pineapple Milk Snack: Breadsticks w/marinara	Snack: Fruit bread & Milk Lunch: Meatballs Rice Peas Peaches Snack: Goldfish & Applesauce	Snack: Oatmeal, apples & Milk Lunch: Cheese pizza Vegetable blend Oranges Milk Snack: Pretzels w/cream cheese	Snack: Graham crackers, fruit & Milk Lunch: Macaroni & Cheese Broccoli Grapes Milk Snack: Trail mix	Snack: Bagel w, cream cheese Lunch: Taco Salad: Turkey taco meat Lettuce, Tomato, cheese Tortilla chips or flour tortilla Oranges Milk Snack: Veggie straws & fruit
Snack: Nutrigrain bar & Milk Lunch: Fish sticks Carrots Grapes Milk Snack: Goldfish & Applesauce	Snack: Nutrigrain Bar & milk cheese & Milk Lunch: Spaghetti Garlic Bread Peas Oranges Milk Snack: Jello & Graham crackers	Snack: Graham Crackers & Fruit Lunch: Stromboli Cucumbers Oranges Milk Snack: String cheese & crackers	Snack: Yogurt & Fruit Lunch: Chicken Nuggets Green Beans Pears Milk Snack: Pizza Dip	Snack: Biscuit w/jelly & Milk Lunch: Smoked Turkey Sausage Egg noodles Broccoli Pineapple Milk Snack: Veggie straws & fruit
Snack: Oyster Crackers & Peaches Lunch: French toast Sticks Sausage Green Beans Pears Milk Snack: String cheese & crackers	Snack: Fruit bread & Milk Lunch: Turkey/cheese nachos/soft taco Corn Apples Milk Snack: Soft pretzels w/queso	Snack: English Muffin w/jelly & Milk Lunch: Hamburger on a bun Cucumbers & Carrots Oranges Milk Snack: Veggie straws & fruit	Snack: Graham crackers, fruit & Milk Lunch: Macaroni & Cheese Peas Grapes Milk Snack: Trail mix	Snack: Bagel w/cream cheese Lunch: Baked Potato w/sides Broccoli Peaches Milk Snack: Goldfish & Applesauce
Snack: Goldfish & Applesauce Lunch: Grilled Cheese /Tomato Soup Peas Peaches Milk Snack: Trail Mix	Snack: Fruit bread & Milk Lunch: Chicken Parmesan Buttered Noodles Green Beans Pineapple Milk Snack: Pretzel sticks & yogurt	Snack: Nutrigrain bar & Milk Lunch: BBQ Turkey cups Cucumbers Oranges Milk Snack: Chips & Salsa	Snack: Graham crackers, fruit & Milk Lunch: Fish Sticks Broccoli Pears Milk Snack: String cheese & crackers	Snack: Yogurt & Granola Lunch: Turkey & cheese on wheat bread Cucumbers & Carrots Apples Milk Snack: Veggie straws & Fruit