


First Congregational Learning Center

January 2018

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.
 Our Menu is Egg Free

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
 1 CENTER CLOSED	2 Snack: Zucchini Bread & Milk Lunch: <u>Heuer Family Recipe</u> Beef and Pepper Stir Fry Oranges Milk Snack: Soft pretzels w/queso	3 Snack: Apple crisp & Milk Lunch: Turkey & cheese on wheat Green beans Peaches Milk Snack: Chips & salsa	4 Snack: Graham crackers, fruit & Milk Lunch: Fish Sticks Broccoli Pears Milk Snack: Vegie straws & fruit	5 Snack: Yogurt & Fruit Lunch: Taco Salad; turkey taco meat lettuce, tomato, cheese Tortilla chips or flour tortilla Oranges Milk Snack: String cheese & crackers
8 Snack: Nutrigrain bars & Milk Lunch: Pancakes Sausage Green beans Pineapple Milk Snack: Goldfish, Applesauce	9 Snack: Toasted cinnamon bread w/cream cheese & Milk Lunch: Meatballs Rice Peas Peaches Snack: Pretzels w/cream cheese	10 Snack: Oatmeal, apples & Milk Lunch: Cheese pizza Vegetable blend Oranges Milk Snack: Trail mix & fruit	11 Snack: Graham crackers, fruit & Milk Lunch: Macaroni & cheese Broccoli Grapes Milk Snack: Breadsticks w/marinara	12 Snack: Bagel w/ cream cheese Lunch: Turkey & cheese on wheat bread Cucumbers & carrots Apples Milk Snack: Veggie Straws & fruit
15 Snack: Nutrigrain bar , Milk Lunch: Fish Sticks Carrots Grapes Milk Snack: Goldfish, Applesauce	16 Snack: Banana Bread & Milk Lunch: Spaghetti Garlic Bread Peas Oranges Milk Snack: Jello, graham crackers	17 Snack: Biscuit w/jelly, Milk Lunch: <u>Rogers Family Recipe</u> Rice & Beans Apples Milk Snack: Veggie Straws, fruit	18 Snack: Fresh fruit, Graham crackers, Milk Lunch: Chicken Nuggets Broccoli Pears Milk Snack: Pizza dip	19 Snack: Yogurt & Fruit Lunch: Stromboli Cucumbers Oranges Milk Snack: Chips, Salsa
22 Snack: Cottage Cheese & Peaches Lunch: Pancakes Sausage Green Beans Pears Milk Snack: String cheese & crackers	23 Snack: Fruit Bread & Milk Lunch: Chicken Parmesan Buttered Noodles Broccoli Pineapple Milk Snack: Soft pretzels w/queso	24 Snack: English Muffin w/jelly & Milk Lunch: Hamburger on a bun Cucumbers & carrots Oranges Milk Snack: Vegie straws & fruit	25 Snack: Graham crackers, fruit & Milk Lunch: Macaroni & cheese Peas Grapes Milk Snack: Trail mix & fruit	26 Snack: Bagel w/ cream cheese Lunch: Cheese Quesadilla Corn Fiesta beans Pears Milk Snack: Goldfish, Applesauce
29 Snack: Goldfish, Applesauce Lunch: Grilled cheese on wheat Peas Grapes Milk Snack: Nutrigrain bar , Milk	30 Snack: Zucchini Bread & Milk Lunch: Beef Stew Bread and Butter Oranges Milk Snack: Soft pretzels w/queso	31 Snack: Apple crisp & Milk Lunch: Turkey & cheese on wheat Green beans Peaches Milk Snack: Chips & salsa		