

St. Paul Early Learning Center January 2019

<p>MONDAY</p> 	<p>TUESDAY 1</p> 	<p>WEDNESDAY 2</p>	<p>THURSDAY 3</p>	<p>FRIDAY 4</p>
<p>7</p> <p>B-WG cheerios/milk/nutrigrain bar L-chicken teriyaki/brown rice/mix veggies/diced pears S1-cheese cubes/crackers/apple juice S2-graham crackers/raisins/water</p>	<p>8</p> <p>B-cinnamon oatmeal/milk L-turkey on wheat/green beans/mand. oranges S1-pretzels/sliced apples S2-multigrain crackers/mix fruit/water</p>	<p>9</p> <p>B-pancakes/milk/craisins L-mac-n-cheese/diced ham/sweet peas/carrots/diced peaches S1-vanilla wafers/string cheese/water S2-cheezits/pineapple juice</p>	<p>10</p> <p>B-blueberry muffins/banana/milk L-meatloaf/creamed pot. steamed broccoli/applesauce S1-yogurt/crushed pineapple/water S2-goldfish/craisins/water</p>	<p>11</p> <p>B-Toast/eggs/milk L-chicken/veggie wrap/black beans/peach cobbler S1-wow butter/crackers/water S2-snack mix/grape juice</p>
<p>14</p> <p>B-cornflakes/milk/strawberries L-chicken spaghetti/sweet peas/carrots/diced pears S1-rice krispie treat/mix fruit/water S2-graham cracker/pineapple juice</p>	<p>15</p> <p>B-waffles/milk/strawberries L-baked ham/scallop potatoes/field peas/applesauce S1-yogurt/granola/water S2-cheezits</p>	<p>16</p> <p>B-grits/milk/oranges L-roast beef on wheat/baked sweet potato fries/pineapple S1-multigrain crackers/cheese cubes/apple juice S2-animal crackers/raisins</p>	<p>17</p> <p>B-ham biscuit/milk L-Mexican beef & brown rice/black beans/diced peaches S1-Hard boiled eggs/orange slices/water S2-goldfish/sliced apples</p>	<p>18</p> <p>B-cinnamon toast/raisins/milk L-baked parmesan chicken/green beans/roll/mix fruit S1-vanilla wafers/milk S2-pretzels/grape juice</p>
<p>21</p> <p>CLOSED</p> 	<p>22</p> <p>B-jelly biscuit/milk/peaches L-chicken-n-dumplings/sweet peas/carrots/pineapple S1-apple slices/string cheese/water S2-pretzels/apple juice</p>	<p>23</p> <p>B-cheese toast/apple sauce/milk L-red beans/brown rice/cornbread/pears S1-animal crackers/milk S2-graham crackers/raisins/water</p>	<p>24</p> <p>B-blueberry muffins/banana/milk L-turkey/cheese wraps/steamed broccoli/applesauce S1-yogurt/wg cheerios/water S2-cheezits/grape juice</p>	<p>25</p> <p>B-eggs/toast/milk L-sloppy joe on bun/tator tot/diced peaches S1-strawberry yogurt chex mix/mand. oranges S2-goldfish/pineapple juice</p>
<p>28</p> <p>B- rice krispie cereal/milk/strawberries L-poppy seed chicken/sweet peas/carrots/mix fruit S1-oatmeal cookies/milk S2-cheddar snack mix/water</p>	<p>29</p> <p>B-grits/toast/milk L-WG cheese pizza/corn/pineapple S1-multigrain crackers/cheese cubes/water S2-graham crackers/apple juice</p>	<p>30</p> <p>B-waffles/milk/craisins L-ham/cheese on wheat/pinto beans/applesauce S1-yogurt/peaches/water S2-goldfish/grape juice</p>	<p>31</p> <p>B-ham biscuit/milk L-taco soup w/diced tomatoes/black beans/cheese/mand. oranges S1-snack mix/pineapple juice S2-cheezits/fruit snack</p>	

B = Breakfast / L = Lunch / Snack 1 is at 2pm / Snack 2 is at 4pm (Milk at breakfast, Milk & Water at lunch, 100% Juice or water for Snack) *Fresh Fruit served when Available