





St. Paul Early Learning Center January 2020

MONDAY 	TUESDAY 	WEDNESDAY 1 Closed 	THURSDAY 2 B-cereal/fruit/milk L-chicken jambalaya/black-eyed peas/pineapple S1-vanilla yogurt/fruit/water S2-cheezits/water	FRIDAY 3 B-pancakes/fruit/milk L-ham/cheese on wheat/steamed broccoli/applesauce S1-cheddar snack mix/pineapple juice S2-cc cookies/milk
6 B-rice krispie cereal/blueberries/milk L-chicken noodle soup/crackers/diced peaches S1-cheese cubes/crackers/apple juice S2-graham crackers/water	7 B-waffles/fruit/milk L-red beans/brown rice/cornbread/diced pears S1-strawberry chex mix/milk S2-goldfish/water	8 B-cinn. raisin toast/milk L-turkey/cheese wraps/black beans/tropical fruit S1-wow butter crackers/water S2-animal crackers/raisins/water	9 B-biscuits/jelly/milk L-chili w/beans/crackers/mand. oranges S1-yogurt/wg cereal/water S2-cheezits/water	10 B-cinn. oatmeal/milk L-beef sliders/baked beans/applesauce S1-vanilla wafers/milk S2-wg cereal/milk
13 B-wg cereal/fruit/milk L-chicken and dumplings/sweet peas/carrots/pineapple S1-moon pies/milk S2-cheezits/juice box	14 B-pancakes/fruit/milk L-meatloaf/gravy/creamed potatoes/gr. beans/diced peaches S1-string cheese/crackers/grape juice S2-graham crackers/water	15 B-biscuits/jelly/milk L-baked ham/mac-n-cheese/diced pears S1-snack mix/apple juice S2-oatmeal cookies/water	16 B-grits/milk L-roast beef on wheat/sweet pot. fries/mix fruit S1-van. yogurt/granola/water S2-cc cookies/milk	17 B-cheese toast/milk L-beef veg. soup/crackers/mand. oranges S1-animal crackers/raisins/water S2-goldfish/water
20 CLOSED 	21 B- rice krispie cereal/blueberries/milk L-wg cheese pizza/mix vegetables/applesauce S1-rice krispie treats/milk S2-cheezits/water	22 B-waffles/fruit/milk L-turkey/cheese on wheat/field peas/pineapple S1-hummus/pretzels/water S2-graham crackers/milk	23 B-cheese toast/milk L-spaghetti w/meatballs/corn/diced pears S1-yogurt/wg cereal/water S2-cheezits/juice box	24 B-cinn. raisin oatmeal/milk L-chicken wraps/black beans/applesauce S1-snack mix/pineapple juice S2-animal crackers/raisins/water
27 B-wg cereal/fruit/milk L-BBQ chicken/baked beans/mand. oranges S1-oatmeal cream pie/milk S2-cheezits/water	28 B-pancakes/fruit/milk L-baked ham/sweet pot./rolls/pineapple S1-string cheese/crackers/grape juice S2-graham crackers/water	29 B-ham biscuit/milk L-grilled cheese/pinto beans/applesauce S1-wow butter crackers/water S2-vanilla wafers/milk	30 B-cinn. toast/milk L-ravioli/corn/diced peaches S1-vanilla yogurt/granola/water S2-goldfish/water	31 B-eggs/milk L-chicken jambalaya/sweet peas/carrots/diced pears S1-cheddar snack mix/apple juice S2-WG cereal milk

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