



# St. Paul Early Learning Center January 2023

<p>MONDAY 2 CLOSED </p>	<p>TUESDAY 3</p>	<p>Wednesday 4</p>	<p>THURSDAY 5</p>	<p>FRIDAY 6</p>
<p>9 B-rice Krispie cereal/blueberries/milk L-bbq chicken/baked beans/rolls/mandarin oranges/milk S1-string cheese/crackers/grape juice S2-fig bars/water</p>	<p>10 B-cinnamon raisin toast/sliced apples/milk L-baked meatballs/gravy/over brown rice/corn/tropical fruit cup/milk S1-hummus/ pretzels*/water S2animal crackers/water-</p>	<p>11 B-biscuits/ham/milk L-chicken noodle soup/crackers/sweet peas and carrots/blueberry cobbler/milk S1-wow butter/crackers/pineapple juice S2-cheezits/water</p>	<p>12 B-muffins/banana/milk L-baked ham/sweet potatoes/pineapple/milk S1-sb/b yogurt/fruit/water S2-graham crackers/water</p>	<p>13 B-oatmeal with cinnamon and raisins/milk L-roast/gravy/creamed potatoes/ mix veggies/fruit cocktail/milk S1-rice Krispie treats/milk S2-goldfish/water</p>
<p>16 CLOSED  i have a dream!</p>	<p>17 B-cheerios/blueberries/milk L-chicken teriyaki with veggies/brown rice/rolls/diced pears/milk S1-cheese cubes/crackers/milk S2-vanilla wafers/water</p>	<p>18 B-pancakes/strawberries/milk L-turkey/cheese on wheat/pinto beans/diced peaches/milk S1-snack mix/water S2-graham crackers/water</p>	<p>19 B-toast and ham/milk L-hamburger steak/gravy/creamed potatoes/ Green beans/mandarin oranges/milk S1-vanilla yogurt/granola/water S2-cheezits/water</p>	<p>20 B-eggs/toast/milk L-cheese pizza/steamed broccoli with ranch dressing/fruit cocktail/milk S1-animal crackers/raisins/water S2-goldfish/water</p>
<p>23 B-cornflakes*/raisins/milk L-red beans/brown rice/cornbread/pineapple/milk S1-string cheese/crackers/apple juice S2-fig bars/water</p>	<p>24 B-biscuits/jelly/milk L-ham/cheese wraps/creamed spinach/mandarin oranges/milk S1-fruit cup/goldfish/water S2-graham crackers/water</p>	<p>25 B-waffles/craisins/milk L-chicken spaghetti/sweet peas/carrots/diced pears/milk S1-wow butter/crackers/sliced apples/water S2-cheezits/water</p>	<p>26 B-blueberry muffins/milk L-roast beef/cheese on wheat/sweet potato fries/applesauce/milk S1-s/b yogurt/cheerios/water S2-animal crackers/water</p>	<p>27 B-cheese toast/craisins/milk L-veg. beef soup with quinoa/crackers/diced peaches/milk S1-vanilla wafers/banana/water S2-goldfish/water</p>
<p>30 B-cheerios/nutrigrain bar/milk L-cheesy chicken quesadillas/steamed broccoli/fruit cocktail/water S1-rice Krispie treats/milk S2-cheezits/water</p>	<p>31 B-grits/orange slices/milk L-turkey/cheese on wheat/sweet potato fries/peach cobbler/water S1-cheese cubes/crackers/grape juice S2-Graham crackers/water</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