Weekday Meal Plan

**What’s For Lunch & Snack?**

**All Meals Include:**

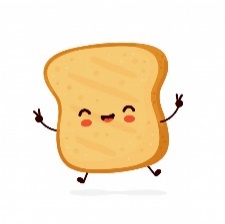
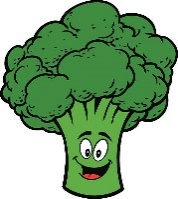
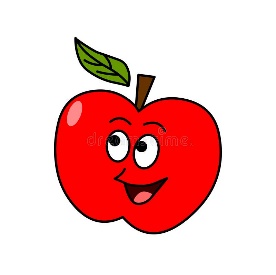
Milk & Whole Wheat Bread or Whole Grain Rice/Pasta

**All Snacks Include:**

100 % Fruit Juice or Water

EFCCA

JANUARY 2024





Monday Tuesday Wednesday Thursday Friday

In-Service Day

5

4

2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | New Year 2024 PNG Transparent Images Free Download | Vector ... | 3  Cheese Ravioli w/marinara sauce  Green Beans  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Pretzels** | Baked Fish Nuggets  Broccoli  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Cheese-it Crackers** | BBQ Meatballs  Green Peas  Whole Grain Rice  Chef’s Choice Fruit  **Snack: Whole Grain Cheese Goldfish Cracker** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8  Baked Chicken Nuggets  Baked French Fries  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Whole Grain Animal Crackers** | 9  Chicken Fried Rice  Green Peas  Whole Grain Rice  Chef’s Choice Fruit  **Snack: Whole Grain Graham Fish Cookies** | 10  Hot Dogs  Baked Beans  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Strawberry Chex Mix** | 11  Cheeseburger Sandwich  Baked Potato Tots  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Strawberry Yogurt** | 12  Meatloaf w/gravy  Corn  Whole Grain Rice  Chef’s Choice Fruit  **Snack: Whole Grain Cheese-Its Crackers** |

17

15

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Baked BBQ Chicken  Green Peas  Whole Grain Rice  Chef’s Choice Fruit  **Snack: Cheese-it Crackers** | 16177  Baked Fish Nuggets  Baked Beans  Chef’s Choice Fruit  **Snack: Whole Grain Graham Fish Cookies** | Spaghetti w/Meat Marinara Sauce  Green Beans  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Whole Grain Graham Crackers** | 18  Chicken Sandwich  Baked Potato Tots  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Strawberry Yogurt** | 1920  Baked Fish Nuggets  Broccoli  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Cheese-it Crackers** |

22

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Hot Dogs  Baked Beans  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Strawberry Chex Mix** | 23  Baked Chicken w/gravy  Green Peas  Whole Grain Rice  Chef’s Choice Fruit  **Snack: Pretzels** | 24  BBQ Meatballs  Broccoli  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Whole Grain Cheese Gold Fish Cracker** | 25  Baked Chicken Nuggets  Baked French Fries  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Whole Grain Animal Crackers** | 261  Macaroni w/Meat Marinara Sauce  Green Beans  Whole Grain Pasta  Chef’s Choice Fruit  **Snack: Whole Grain Graham Fish Cookies** |

30

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29  Grilled Cheese Sandwich  Broccoli  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Pretzels** | Chicken Fried Rice  Green Peas  Whole Grain Rice  Chef’s Choice Fruit  **Snack: Whole Grain Graham Fish Cookies** | 31  Pizza w/Extra Cheese  Baked French Fries  Whole Wheat Bread  Chef’s Choice Fruit  **Snack: Whole Grain Animal Crackers** |  |  |

Weekday Meal Plan

**What’s For Breakfast?**

**All Meals Include:**

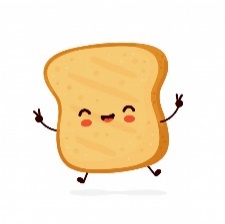
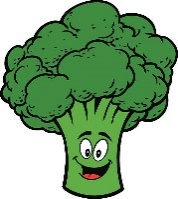
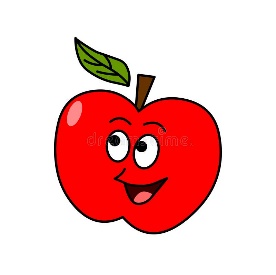
Milk & Whole Wheat Bread or Whole Grain Rice/Pasta

**All Snacks Include:**

100 % Fruit Juice or Water

EFCCA

JANUARY 2024





Monday Tuesday Wednesday Thursday Friday

5

4

2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | In-Service Day  New Year 2024 PNG Transparent Images Free Download | Vector ... | 3  Oatmeal  Chef’s Choice Fruit | Whole Grain Pancakes  Turkey Sausage Links  Chef’s Choice Fruit | Cheerios  Chef’s Choice Fruit |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8  Cream of Wheat  Chef’s Choice Fruit | 9  Whole Grain Waffles  Scrambled Eggs  Chef’s Choice Fruit | 10  Cheerios  Chef’s Choice Fruit | 11  Whole Grain Pancakes  Turkey Sausage Patties  Chef’s Choice Fruit | 12  Corn Flake  Chef’s Choice Fruit |

17

15

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Cheerios  Chef’s Choice Fruit | 16  Whole Grain Pancakes  Turkey Sausage Links  Chef’s Choice Fruit | Oatmeal  Chef’s Choice Fruit | 18  Whole Grain Waffles Scrambled Cheese Egg  Chef’s Choice Fruit | 1916  Corn Flake  Chef’s Choice Fruit |

22

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Cream of Wheat  Chef’s Choice Fruit | 23  Whole Grain Waffles  Scrambled Eggs  Chef’s Choice Fruit | 2421  Corn Flakes  Chef’s Choice Fruit | 25  Whole Grain Pancakes  Turkey Sausage Patties  Chef’s Choice Fruit | 26  Cheerios  Chef’s Choice Fruit |

30

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 29  Corn Flake  Chef’s Choice Fruit | Whole Grain Pancakes  Turkey Sausage Links  Chef’s Choice Fruit | 31  Cream of Wheat  Chef’s Choice Fruit |  |  |