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

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| 1 | New Year 2024 PNG Transparent Images Free Download | Vector ... | 3Cheese Ravioli w/marinara sauceGreen BeansWhole Wheat BreadChef’s Choice Fruit**Snack: Pretzels** | Baked Fish NuggetsBroccoli Whole Wheat Bread Chef’s Choice Fruit**Snack: Cheese-it Crackers** | BBQ MeatballsGreen PeasWhole Grain Rice Chef’s Choice Fruit**Snack: Whole Grain Cheese Goldfish Cracker** |

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| 8Baked Chicken NuggetsBaked French FriesWhole Wheat BreadChef’s Choice Fruit**Snack: Whole Grain Animal Crackers** | 9 Chicken Fried RiceGreen Peas Whole Grain RiceChef’s Choice Fruit**Snack: Whole Grain Graham Fish Cookies** | 10Hot DogsBaked BeansWhole Wheat Bread Chef’s Choice Fruit**Snack: Strawberry Chex Mix**  | 11Cheeseburger Sandwich Baked Potato TotsWhole Wheat Bread Chef’s Choice Fruit**Snack: Strawberry Yogurt** | 12Meatloaf w/gravyCornWhole Grain RiceChef’s Choice Fruit**Snack: Whole Grain Cheese-Its Crackers** |

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|   Baked BBQ Chicken Green PeasWhole Grain Rice Chef’s Choice Fruit**Snack: Cheese-it Crackers** | 16177Baked Fish NuggetsBaked Beans Chef’s Choice Fruit**Snack: Whole Grain Graham Fish Cookies** | Spaghetti w/Meat Marinara SauceGreen BeansWhole Wheat Bread Chef’s Choice Fruit**Snack: Whole Grain Graham Crackers** | 18Chicken Sandwich Baked Potato TotsWhole Wheat Bread Chef’s Choice Fruit**Snack: Strawberry Yogurt** | 1920Baked Fish NuggetsBroccoli Whole Wheat Bread Chef’s Choice Fruit**Snack: Cheese-it Crackers** |

22

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| Hot DogsBaked BeansWhole Wheat Bread Chef’s Choice Fruit**Snack: Strawberry Chex Mix** | 23Baked Chicken w/gravy Green PeasWhole Grain Rice Chef’s Choice Fruit**Snack: Pretzels** | 24BBQ MeatballsBroccoliWhole Wheat Bread Chef’s Choice Fruit**Snack: Whole Grain Cheese Gold Fish Cracker** | 25Baked Chicken NuggetsBaked French FriesWhole Wheat BreadChef’s Choice Fruit**Snack: Whole Grain Animal Crackers** | 261Macaroni w/Meat Marinara SauceGreen BeansWhole Grain Pasta Chef’s Choice Fruit**Snack: Whole Grain Graham Fish Cookies**  |

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| 29Grilled Cheese SandwichBroccoli Whole Wheat Bread Chef’s Choice Fruit**Snack: Pretzels** | Chicken Fried RiceGreen Peas Whole Grain RiceChef’s Choice Fruit**Snack: Whole Grain Graham Fish Cookies** | 31Pizza w/Extra CheeseBaked French FriesWhole 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

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| --- | --- | --- | --- | --- |
| 1 | In-Service DayNew Year 2024 PNG Transparent Images Free Download | Vector ... | 3OatmealChef’s Choice Fruit | Whole Grain PancakesTurkey Sausage LinksChef’s Choice Fruit | CheeriosChef’s Choice Fruit |

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| --- | --- | --- | --- | --- |
| 8Cream of WheatChef’s Choice Fruit | 9Whole Grain WafflesScrambled EggsChef’s Choice Fruit | 10CheeriosChef’s Choice Fruit | 11Whole Grain Pancakes Turkey Sausage Patties Chef’s Choice Fruit | 12Corn FlakeChef’s Choice Fruit |

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| --- | --- | --- | --- | --- |
|  CheeriosChef’s Choice Fruit | 16Whole Grain PancakesTurkey Sausage LinksChef’s Choice Fruit | OatmealChef’s Choice Fruit | 18Whole Grain Waffles Scrambled Cheese EggChef’s Choice Fruit | 1916Corn FlakeChef’s Choice Fruit |

22

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| --- | --- | --- | --- | --- |
| Cream of WheatChef’s Choice Fruit | 23Whole Grain WafflesScrambled EggsChef’s Choice Fruit | 2421Corn FlakesChef’s Choice Fruit | 25Whole Grain Pancakes Turkey Sausage PattiesChef’s Choice Fruit | 26CheeriosChef’s Choice Fruit |

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| --- | --- | --- | --- | --- |
| 29Corn FlakeChef’s Choice Fruit | Whole Grain PancakesTurkey Sausage LinksChef’s Choice Fruit | 31Cream of WheatChef’s Choice Fruit |  |  |