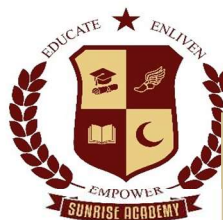


SA Menu No. 2 (2022-2023)

Month: January Days: 29-2 Year: 2022



Breakfast	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	4 oz	6 oz	8 oz	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored
Vegetable/ Fruit/Juice	1/4 Cup	1/2 Cup	1/2 Cup	Mixed Fruit	Mixed Berries	Pineapples	Slice Peaches	Kiwi
Grains/ Breads	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Blueberry Shreaded Wheats (WG)	Baguette Bread (1/2)	Oatmeal (WG)	Corn Meal	English Muffin (W.W)
Meat/ Meat Alternative					Swiss Cheese Slices			
Extra / Optional					Butter			Cream Cheese
Lunch	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
				Chicken Alfredo	Beef Taco	Pork Chop	Hamburger	Chicken Stew
Milk	4 oz	6 oz	8 oz	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored
Meat/ Meat Alternative	1 oz	1-1/2 oz	2 oz	(CN) Chicken Patty	Ground Beef/ Shredded Cheddar Cheese	Pork Chops	Beef Patty	Diced Chicken Breast
Vegetable	1/8 Cup	1/4 Cup	1/4 Cup	Broccoli	Coleslaw	Pinto Beans	Lettuce/Tomato	Peas
Fruit (or Vegetable)	1/8 Cup	1/4 Cup	1/4 Cup	Blueberries	Mango	Diced Pears	Grapes	Peaches
Grains/ Bread	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Fettuccine Pasta	Flour Tortilla	Yellow Rice	Burger Bun	White Rice
Extra/ Optional				Alfredo Sauce	Coleslaw Dressing	Mixed Salad / Italian Dressing	Ketchup	
Snack	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	4 oz	6 oz	8 oz				1 % Milk unflavored	
Meat/ Meat Alternative	1/2 oz	1/2 oz	1 oz	Tuna		Applesauce		Chili
Vegetable/ Fruit/Juice	1/2 Cup	1/2 Cup	3/4 Cup		Salsa			
Grains/ Breads	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	Crossiant	Tortilla Chips	Cheez-itz	Honey Graham Toasters (WG)	Saltines Crackers
Supper	*1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
				Grilled Cheese	Fish Sticks	Beef Lo Mein	Chicken Tenders	Cuban Sandwhich
Milk	4 oz	6 oz	8 oz	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored	1 % Milk unflavored
Meat/ Meat Alternative	1 oz	1-1/2 oz	2 oz	Cheddar Cheese Slices	(CN) Fish Sticks	Beef Strips	(CN) Chicken Tender	Ham / Cheddar Cheese Slices
Vegetable	1/8 Cup	1/4 Cup	1/4 Cup	Tomato Soup	Mixed Veggies	Blended Veggies Stir-Fry	Mashed Potato	Lettuce/ Tomatos
Fruit (or Vegetable)	1/8 Cup	1/4 Cup	1/4 Cup	Mixed Berries	Strawberries	Mixed Fruit	Kiwi	Grapes
Grains/ Bread	1/2 Slice/ 1/4 Cup	1/2 Slice/ 1/3 Cup	1 Slice / 3/4 Cup	White Bread	Dinner Roll	Lo-Mein Noodles	(W.W) Bread	Hogie Bread
Extra/ Optional						Soy Sauce	Ketchup	Mayo

Note: Water will be served EVERYDAY during Snack
(CN) CN LABEL REQUIRED

*Cut in bite size piece for 1-2 yr olds
1 Year Olds Are Served Whole Milk
6yrs and up is offered Flavored Milk



SA Menu No. 2 (2022-2023)
Month: January Days: 29-2 Year: 2022



**Note: Water will be served EVERYDAY during Snack
(CN) CN LABEL REQUIRED
*Cut in bite size piece for 1-2 yr olds
1 Year Olds Are Served Whole Milk
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