

# School Menu



Location: Town Center Date	Monday 1/29/2024	Tuesday 1/30/2024	Wednesday 1/31/2024	Thursday 1/1/2024	Friday 1/2/2024
<b>AM Snack</b>	Whole -Wheat Cheese Toast  2% Unflavored Low-Fat Milk (Whole Milk)	Egg & Cheese Muffin  2% Unflavored Low-Fat Milk (Whole Milk)	Whole-Wheat Pancakes w/Syrup  2% Unflavored Low-Fat Milk (Whole Milk)	Blueberry Bagel w/ Cream Cheese  2% Unflavored Low-Fat Milk (Whole Milk)	Whole- Grain Cheerios  2% Unflavored Low-Fat Milk (Whole Milk)
<b>Lunch</b>  <i>Vegetarian Option</i>	<b>Chicken &amp; Yellow Rice</b>  <b>Chick'N &amp; Rice</b>  Diced Chicken w/ Yellow Rice  Sauteed Green Beans  Applesauce  2% Unflavored Low-Fat Milk (Whole Milk)	<b>Swedish Meatballs</b>  <b>Boca Meatballs</b>  Chicken Meatballs tossed in Cream Of Mushroom Soup  Mashed Potatoes  Steamed Peas  2% Unflavored Low-Fat Milk (Whole Milk)	<b>Homemade Basil Pesto Pasta</b>  Whole-Wheat Pasta w/Parmesan Cheese in Basil Pesto Sauce  Garlic Bread  Fresh Banana  2% Unflavored Low-Fat Milk (Whole Milk)	<b>Fish Sticks</b>  <b>Chick'n Sticks</b>  Sawi white fish with Battered Crust  Steamed Broccoli  Rice Pilaf  2% Unflavored Low-Fat Milk (Whole Milk)	<b>Sunflower Butter &amp; Jelly Sandwich</b>  Sunflower Butter & Grape Jelly on Whole Wheat Bread  Fresh Garden Salad w/ Ranch (Steamed Peas)  Fresh Sliced Oranges (Mandarin Oranges)  2% Unflavored Low-Fat Milk (Whole Milk)
<b>PM Snack</b>	Trail Mix (Graduate Fruit Puffs)  Filtered Water	Applebutter Sandwich  Filtered Water	Pimento Cheese & Ritz Crackers  Filtered Water	Cucumber Slices w/ Ranch Pretzels  Filtered Water	Cheez-its  Filtered Water
<b>Food Fun Fact from Chef Trina:</b> Bananas float when they are put into a container with water.					

Children under the age of 2 are served unflavored whole milk and 2+ year olds are served unflavored 2% milk

Items listed in parentheses & italics indicate suggested age appropriate substitutions for children under 2

Water is available to children during the day & at all meals & snacks.

Menu is subject to change.