

Jan 1-5, 2018



Skip-a-Long

CHILD DEVELOPMENT SERVICES

	BREAKFAST	LUNCH	SNACK
MONDAY	WG total Fruit cocktail Milk 1 cottage cheese	Breaded Pork Chop patty Baked beans pears Milk	Ritz cracker 100% juice 1 peaches
TUESDAY	WG Waffle sticks/syrup apricots Milk 1 sausage patty	Salisbury Steak Green beans Bread & butter pineapple Milk	Cheese cubes/WG crackers water 1 /T sliced cheese 1 pears
WEDNESDAY	WG French toast /syrup peaches Milk 1 yogurt	Scrambled eggs (cheese & bacon) Tator tots WG biscuit applesauce Milk	WG Cheez-its 100% juice 1 pineapple
THURSDAY	English muffins/butter, jelly Banana Milk 1 egg pattie	Cheeseburger/bun Smiley potatoes mandarin oranges milk	WG wheat thins(veg) 100% juice 1 peaches
FRIDAY	WG sausage Breakfast pizza pears Milk	Chicken alfredo/noodles corn Apple Milk 1/T applesauce, peas	WG blueberry muffin 100% juice 1 mandarin oranges

D-Dairy V-Vegetarian E-Eggs N-Nuts
F-Fresh P-Pork 2-Children under 2

Meat Substitution: Turkey

Jan 8-12, 2018



Skip-a-Long

CHILD DEVELOPMENT SERVICES

BREAKFAST

LUNCH

MONDAY

WG cheerios
pears
Milk
1 cottage cheese

Pulled pork/bun
Peas & carrots
Mandarin oranges
milk

Chex mix
100% juice
1 peaches

TUESDAY

Pancake/syrup
apricots
Milk
1 Egg patty

Meat loaf
Mashed potatoes
roll
Diced peaches
Milk

WG goldfish crackers
100% juice
1 pears

WEDNESDAY

WG French toast sticks/syrup
Fruit cocktail
Milk
1 sausage patty

Fish Sticks
Green beans
Bread & butter
Apple rings
Milk

Ritz cracker
100% juice
1 apricots

THURSDAY

Bagel/cream cheese
banana
Milk
1 hard boiled egg

Breaded Chicken Patty/bun
Potato wedges
pears
Milk

Yogurt
WG cheerios
Water
1 mandarin oranges

FRIDAY

WG apple cinnamon muffin
Diced peaches
Milk
1 yogurt

Chili (sauce, meat, beans)
Cheese, crackers
Diced carrots
Apple
Milk
1/T mandarin oranges

WG Strawberry yogurt chex mix
100% juice
1 pears

Jan 15-19, 2018



Skip-a-Long

CHILD DEVELOPMENT SERVICES

	BREAKFAST	LUNCH	SNACK
MONDAY	Cinnamon chex pears Milk 1 cottage cheese	Chicken Tenders French fries Bread & butter peaches Milk	Ritz cracker 100% juice 1 mandarin oranges
TUESDAY	WG Waffle/syrup Tropical fruit Milk 1 pears, hard boiled egg	Mac & Cheese/ diced ham Spinach Mandarin oranges Milk 1/T peas	Pretzel/cheese stick Water 1 muffin, peaches
WEDNESDAY	toast Sausage patty pineapple Milk	WG turkey fritter/bun corn apricots Milk 1/T green beans	WG chips/salsa 100% juice 1/T WG cracker 1 pears
THURSDAY	Oatmeal/brown sugar Banana Milk 1 egg pattie	Chicken crispito Refried beans Corn chips applesauce Milk 1 /T/2s cornbread	WG cheez its 100% juice 1 apricots
FRIDAY	WG banana Muffin Fruit cocktail Milk 1 yogurt	Meatballs WG Rice Green beans Apple Milk 1/T mandarin oranges	Wg multigrain cheerios 100% juice 1 pears

Jan 22-26, 2018



Skip-a-Long
CHILD DEVELOPMENT SERVICES

BREAKFAST

LUNCH

SNACK

MONDAY

Kix cereal
Pineapple
Milk
1 cottage cheese

Mini corndogs
Peas
applesauce
Milk
1/T beef Ravioli

WG Goldfish cracker
100% juice
1 pears

TUESDAY

Egg & cheese burrito
peaches
Milk

Chicken fried rice
Oriental veggies
pears
Milk

WG apple cinnamon muffin
100% juice
1 mandarin oranges

WEDNESDAY

Bagel/cream cheese
Tropical fruit
Milk
1 yogurt, pears

Mini tacos
Corn
Apricots
milk

WG cheddar chex mix
100% juice
1 peaches

THURSDAY

toast / butter, jelly
Banana
Milk
1 sausage patty

Chicken drummies
Diced potatoes
Apple rings
Milk

WG wheat thins (veg)
100% juice
1 mandarin oranges

FRIDAY

Pancake & Sausage links/syrup
strawberries
Milk
1/T peaches
1/T cooks choice

Beef Stew
Cheese sandwich
apple
Milk
1/T mandarin oranges

Cottage cheese/pears
water

January 29-February 2, 2018



Skip-a-Long
CHILD DEVELOPMENT SERVICES

	BREAKFAST	LUNCH	SNACK
MONDAY	WG total Fruit cocktail Milk 1 cottage cheese	Breaded Pork Chop Patty Baked Beans Pears Milk	Ritz cracker 100% juice 1 peaches
TUESDAY	WG Waffle sticks/syrup apricots Milk 1 sausage pattie	Salisbury Steak Green beans Bread & Butter Pineapple Milk	Cheese Cubes/WG cracker Water 1/T sliced cheese 1 pears
WEDNESDAY	WG French toast/syrup peaches Milk 1 yogurt	Scrambled eggs (cheese & bacon) Tator tots WG biscuit applesauce Milk	WG Cheez-its 100% juice 1 pineapple
THURSDAY	English Muffins/butter, jelly Banana Milk 1 egg pattie	Cheeseburger/bun Smiley potatoes mandarin oranges milk	WG wheat thins (veg) 100% juice 1 peaches
FRIDAY	WG sausage Breakfast pizza pears Milk	Chicken alfredo/WG noodles corn Apple Milk 1/T /2s applesauce, peas	WG blueberry muffing 100% juice 1 mandarin oranges