

Loving Arms Child Care Center
 MENU IS SUBJECT TO CHANGE *USDA is an Equal Opportunity Program and Employer.

Menu for the Week of January 3-9, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Multigrain Cereal Mandarin Oranges	Waffles (WW) Peaches	Eggs and Toast Pears	Cinnamon Sugar English Muffin Banana
Lunch	No School In Observance of New Year's Day	Meat and Cheese Pizza Mixed Vegetables Fruit	Hot Dog on a Bun (WW) Fresh Carrots Fruit	Terriyaki Chicken Fried Rice Broccoli Mixed Fruit	Chicken Nuggets (WW) Tater Tots Apple Slices
Snack		Cheese Queso Tortilla Chips	Low-Fat Yogurt Fruit	Fresh Vegetables w/Ranch Crackers (WW)	Crackers Milk

Menu for the Week of January 10-14, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Breakfast Sandwich Unsweetened Applesauce	Pancakes (WW) Peaches	Breakfast Bites (WW) Pears	Muffin Yogurt Banana
Lunch	Sloppy Joe on a Bun (WW) French Fries Fruit	Chicken Alfredo Romaine and Spinach Salad Fruit	Chicken and Rice Broccoli Pineapple	Meat and Cheese Hawaiian Slider Mozzarella Cheese Stick Vegetable Fruit	Fish Stars (WW) Fresh Carrots Fruit
Snack	Whole Wheat Bread (WW) Cheese Slice	Apples with Sun butter Crackers (WW)	Multigrain Cereal Milk	Tortilla (WW) Vegetable Roll-Up V-Blend Juice	Bagel with Cream Cheese Milk

Notes: A-Vitamin A minimum 2X week; C-Vitamin C daily; I-Iron daily; Y-food modification for Infant Room; WW-Whole Wheat daily

Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, and Teal.

Menu for the Week of January 17-21, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Pizza Unsweetened Applesauce	Pancakes (WW) Peaches	Biscuits and Gravy Pears	Oatmeal with Raisins Banana
Lunch	Meat and Cheese Pasta Cooked Carrots Bread (WW) Fruit	Pigs in a Blanket Baked Beans Corn Pineapple	Meat & Cheese Taco (WW) Vegetable Banana	Chicken on a Stick with Stir Fry Vegetables Rice Mixed Fruit	Fish Sandwich on a Bun (WW) Mozzarella Cheese Stick Fresh Carrots Grapes
Snack	Cheese Queso Tortilla Chips	Fruit Crackers (WW)	Multigrain Cereal Milk	Fresh Vegetables Tortilla (WW)	Rice Cakes Milk

Menu for the Week of January 24-28, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Breakfast Sandwich Unsweetened Applesauce	French Toast Sticks (WW) Peaches	Breakfast Bites Pears	Cook's Choice Fruit Grain
Lunch	Meat and Cheese Quesadilla (WW) Corn Fruit	Cheese Ravioli with Meat Sauce Romaine & Spinach Salad Bread (WW) Pineapple	BBQ Chicken Sandwich (WW) Vegetable Fruit	Breakfast for Lunch! Scrambled Eggs Sausage Links Toast (WW) Hashbrown Mixed Fruit	Cook's Choice Protein Vegetable Fruit Grain
Snack	Pretzel Cheese	Graham Cracker Fruit	Low-fat Cottage Cheese Pineapple	V-Blend Trail Mix	Cook's Choice Fruit/Vegetable Grain/Protein (WW)

Notes: A-Vitamin A minimum 2X week; C-Vitamin C daily; I-Iron daily; Y-food modification for Infant Room; WW-Whole Wheat daily

Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, and Teal.

Menu for the Week of January 31-February 4, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Burritos (WW) Unsweetened Applesauce	Waffles (WW) Peaches	Sausage Links Biscuit Pears	Cinnamon Sugar English Muffin (WW) Banana
Lunch	Tuna Noodle Casserole Cooked Carrots Bread (WW) Pears	Cheeseburger on a Bun (WW) Baked French Fries Fruit	Lasagna with Meat Sauce Romaine and Spinach Salad Breadstick Pineapple	Baked Chicken Wild Rice Peas Bread (WW) Mixed Fruit	Chicken Patty on a Bun (WW) Fresh Carrots Fruit
Snack	Saltines Cheese Slices	Fruit Crackers	Low-fat Yogurt Animal Crackers	Pretzels Vegetables w/Ranch	Bagels with Cream Cheese Milk

Menu for the Week of February 7-11, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Pizza Unsweetened Applesauce	Pancakes (WW) Peaches	Eggs and Toast Pears	Oatmeal with Raisins Banana
Lunch	Potatoes AuGratin Ham Cooked Broccoli Dinner Roll Fruit	Meatloaf Mashed Potatoes Bread (WW) Green Beans Pineapple	Chicken Noodle Casserole Bread (WW) Peas Fruit	Spaghetti (WW) with Meat Sauce Corn Breadstick Mixed Fruit	Submarine Sandwiches Grapes Fresh Carrots
Snack	Whole Wheat Bread (WW) Cheese Slice	Apples with Sun butter Pretzels	Multigrain Cereal Milk	Fresh Vegetables with Ranch Cheese Crackers	Crackers (WW) V-Blend

Notes: A-Vitamin A minimum 2X week; C-Vitamin C daily; I-Iron daily; Y-food modification for Infant Room; WW-Whole Wheat daily

Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, and Teal.

Menu for the Week of February 14-18, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Multigrain Cereal Mandarin Oranges	French Toast Sticks (WW) Peaches	Breakfast Bites (WW) Pears	Muffin Yogurt Banana
Lunch	Beanie Weanies Sweet Potato Fried Bread (WW) Fruit	Taco Spaghetti with Beef (WW) Green Beans Pineapple	BBQ Chicken Mashed Potatoes Peas Bread (WW) Fruit	Meatball Sub (WW) Green Beans Mixed Fruit	Chicken Drumsticks (WW) French Fries Fruit
Snack	Mozzarella String Cheese Wheat Cracker (WW)	Rice Cakes Fruit	Low-fat Cottage Cheese Fruit	Fresh Vegetables Tortilla	Graham Crackers Milk

Menu for the Week of February 21-25, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Multigrain Cereal Mandarin Oranges	Waffles (WW) Peaches	Biscuits and Gravy Pears	Cook's Choice Fruit Grain
Lunch	No School Teacher Inservice Day	Beef a Roni Green Beans Bread (WW) Banana	Tater Tot Casserole Peas Dinner Roll Fruit	Meat and Cheese Nachos w/ Toppings Vegetable Mixed Fruit	Cook's Choice Protein Vegetable Fruit Grain
Snack		Graham Cracker Unsweetened Applesauce	Multigrain Cereal Milk	Fresh Vegetables w/Ranch 1/2 Pita (WW)	Cook's Choice Fruit/Vegetable Grain/Protein (WW)

Notes: A-Vitamin A minimum 2X week; C-Vitamin C daily; I-Iron daily; Y-food modification for Infant Room; WW-Whole Wheat daily

Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, and Teal.

Menu for the Week of February 28-March 4, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cereal Mandarin Oranges	Homemade Breakfast Pizza Unsweetened Applesauce	Pancakes (WW) Peaches	Breakfast Bites Pears	Oatmeal with Raisins Banana
Lunch	Chicken Pot Pie with Vegetables Mashed Potatoes Bread (WW) Peaches	Shake and Bake Chicken Wild Rice Green Beans Fruit	Pizza Pasta Romaine & Spinach Salad Bread (WW) Pineapple	Tuna Sandwich on a Bun (WW) Fresh Carrots Mozzarella Cheese Stick Mixed Fruit	Turkey Corn Dog (WW) Fresh Carrots Mozzarella Cheese Stick Apple Slices
Snack	Ham Sandwich (WW)	Crackers (WW) Fruit	Low-fat Yogurt Graham Cracker (WW)	Cinnamon Sugar Breadstick (WW) Milk	Goldfish Crackers Milk

Notes: A-Vitamin A minimum 2X week; C-Vitamin C daily; I-Iron daily; Y-food modification for Infant Room; WW-Whole Wheat daily

Milk is served at all meals. Whole Milk for Green Room. 1% Milk for Blue, Purple, and Teal.