

Loving Arms Child Care Center

MENU IS SUBJECT TO CHANGE *USDA is an Equal Opportunity Program and Employer.

Menu for the Week of January 2-6, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cinnamon Sugar English Muffin Fruit	Waffles (WW) Peaches	Sausage Links Biscuit Pears	Multigrain Cereal Fruit
Lunch	No School In Observance of New Years Day	Meat and Cheese Quesadilla (WW) Carrots Fruit	Breakfast for Lunch! Scrambled Eggs Sausage Links Toast (WW) Tater Tots Orange Juice	Fiesta Chicken Spanish Rice Vegetable Mixed Fruit	Chicken Patty on a Bun (WW) Vegetable Fruit
Snack		Fruit Crackers	Low-Fat Yogurt Animal Crackers	Pita (WW) Vegetables w/Ranch	Bagels with Cream Cheese Milk

Menu for the Week of January 9-13, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal with Raisins Fruit	Breakfast Bites (WW) Unsweetened Applesauce	Pancakes (WW) Peaches	Biscuits and Gravy Pears	Multigrain Cereal Fruit
Lunch	Meat and Cheese Pizza Carrots Fruit	Spaghetti (WW) with Meat Sauce Peas Fruit	Beanie Weanies Sweet Potato Fries Bread Fruit	BBQ Chicken Sandwich (WW) Vegetable Mixed Fruit	Fish Stars (WW) Vegetable Fruit
Snack	Whole Wheat Bread (WW) Cheese Slice	Apples with Sun Butter Pretzels	Multigrain Cereal Milk	Fresh Vegetables with Ranch Cheese Crackers	Crackers V-Blend

Notes: (WW) Designated Whole Wheat Servings

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

Menu for the Week of January 16-20, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffin Yogurt Fruit	Eggs and Toast (WW) Unsweetened Applesauce	French Toast Sticks (WW) Peaches	Breakfast Sandwich Pears	Multigrain Cereal Fruit
Lunch	Meatball Sub (WW) Mixed Vegetables Fruit	Taco Spaghetti with Beef Peas Fruit	Cheeseburger on a Bun (WW) Baked French Fries Fruit	Chicken and Rice Broccoli Mixed Fruit	Turkey Corn Dog (WW) Vegetable Fruit
Snack	Mozzarella String Cheese Cracker	Rice Cakes Fruit	Low-fat Cottage Cheese Fruit	Fresh Vegetables Tortilla (WW)	Graham Crackers Milk

Menu for the Week of January 23-27, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cinnamon Sugar Breadstick Fruit	Homemade Breakfast Pizza Unsweetened Applesauce	Waffles (WW) Peaches	Sausage Links Biscuit Pears	Multigrain Cereal Fruit
Lunch	Meat & Cheese Taco (WW) Vegetable Fruit	Pizza Pasta Breadstick (WW) Peas Fruit	Toasted Meat & Cheese Sandwich Vegetable Soup Fruit	Chicken Strip (WW) Mashed Potatoes with Gravy Corn Mixed Fruit	Cook's Choice Meat Grain (WW) Vegetable Fruit
Snack	Hummus Pretzel Sticks	Graham Cracker Fruit	Low-Fat Yogurt Graham Cracker	Fresh Vegetables w/Ranch 1/2 Pita (WW)	Rice Cakes Milk

Notes: (WW) Designated Whole Wheat Servings

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

Menu for the Week of January 30-February 3, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal with Raisins Fruit	Breakfast Bites (WW) Unsweetened Applesauce	Pancakes (WW) Peaches	Biscuits and Gravy Pears	Multigrain Cereal Fruit
Lunch	Meat and Cheese Nachos w/ Toppings Vegetable Fruit	Spaghetti (WW) with Meat Sauce Peas Fruit	Chili with Beef Vegetable Corn Bread Muffin Fruit	Shake and Bake Chicken Wild Rice Vegetable Mixed Fruit	Turkey Corn Dog (WW) Vegetable Mozzarella Cheese Stick Apple Slices
Snack	Ham Sandwich (WW)	Crackers (WW) Fruit	Low-Fat Cottage Cheese Pineapple	Pita (WW) Vegetables w/ Ranch	Goldfish Crackers Milk

Menu for the Week of February 6-10, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cinnamon Sugar English Muffins Fruit	Homemade Breakfast Pizza Unsweetened Applesauce	Waffles(WW) Peaches	Sausage Links Biscuit Pears	Multigrain Cereal Fruit
Lunch	Refried Bean & Cheese Burrito (WW) Carrots Fruit	Macaroni (WW) & Cheese Ham Slice Peas Fruit	Meatballs with Gravy Mashed Potatoes Bread Green Beans Fruit	Baked Chicken Herbed Orzo Vegetable Mixed Fruit	Chicken Nuggets (WW) Vegetable Fruit
Snack	Cheese Queso Tortilla Chips	Rice Cakes Fruit	Low-Fat Yogurt Graham Crackers	Crackers (WW) Fresh Vegetables and Ranch	Ritz Crackers Milk

Notes: (WW) Designated Whole Wheat Servings

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

Menu for the Week of February 13-17, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal with Raisins Fruit	Breakfast Bites (WW) Unsweetened Applesauce	Pancakes (WW) Peaches	Biscuits and Gravy Pears	Multigrain Cereal Fruit
Lunch	Pigs in a Blanket Baked Beans Mixed Vegetables Fruit	Cheese Ravioli Peas Bread Fruit	Meat & Cheese Taco Vegetable Fruit	Chicken on a Stick with Stir Fry Vegetables Rice Mixed Fruit	Fish Sandwich on a Bun (WW) Vegetable Fruit
Snack	Mozzarella String Cheese Wheat Cracker (WW)	Fruit Crackers	Multigrain Cereal Milk	Fresh Vegetables Tortilla (WW)	Rice Cakes Milk

Menu for the Week of February 20-24, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Muffin Yogurt Fruit	French Toast Sticks (WW) Peaches	Breakfast Sandwich Pears	Multigrain Cereal Fruit
Lunch	No School Inservice Day	Chicken Strip Wrap (WW) Baked French Fries Fruit	Toasted Cheese Sandwich Chicken Noodle Soup Mixed Vegetables Fruit	BBQ Chicken Mashed Potatoes Vegetable Bread (WW) Mixed Fruit	Hot Dog on a Bun (WW) Vegetable Fruit
Snack		Soft Pretzel Cheese	Low-Fat Cottage Cheese Pineapple	Mozzarella String Cheese Trail Mix	Crackers Milk

Notes: (WW) Designated Whole Wheat Servings

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

Menu for the Week of February 27-March 3, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cinnamon Sugar English Muffin Fruit	Homemade Breakfast Pizza Unsweetened Applesauce	Waffles (WW) Peaches	Sausage Links Biscuit Pears	Multigrain Cereal Fruit
Lunch	Meat and Cheese Quesadilla (WW) Carrots Fruit	Tuna Noodle Casserole Peas Bread (WW) Fruit	Breakfast for Lunch! Scrambled Eggs Sausage Links Toast (WW) Tater Tots Orange Juice	Fiesta Chicken Spanish Rice Vegetable Mixed Fruit	Chicken Patty on a Bun (WW) Vegetable Fruit
Snack	Saltines Cheese Slices	Fruit Crackers	Low-Fat Yogurt Animal Crackers	Pita (WW) Vegetables w/Ranch	Bagels with Cream Cheese Milk

Notes: (WW) Designated Whole Wheat Servings

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