



January 2025 Child Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|--|--|---|---|
| <u>January 1-5</u> | | | | | |
| <u>Breakfast</u> | Toasty O's Cereal, Wheat Squares, Cosmic Crisp Apple | WG Bagel and Cream Cheese, Berries | Kid Zone Closed for New Year's Day | Ham and Cheese Scrambled Eggs, Banana | WG Buttermilk Blueberry Muffin, Pear |
| <u>Lunch</u> | WG Pinto Bean and Cheese Quesadilla, Corn, Delicata Squash, Salsa | Pesto Pizza, Green Beans, Broccoli | | Tree Range Farm Roasted Chicken Thighs, Honey Mustard Sauce, WG Dinner Roll, Peas and Carrots, Red Potatoes | Ferndale Market WG Grilled Turkey and Cheese, Red Potatoes, Avocado, Pickled Beets |
| <u>Snack</u> | Rice Cakes, Mandarin Oranges | Strawberry, Spinach, Banana Smoothie, Toasty O's Cereal | | Cottage Cheese, Blueberries | String Cheese, Cracker |
| <u>January 8-12</u> | | | | | |
| <u>Breakfast</u> | Toasty O's, Wheat Squares, Shredded Wheat, Apple | Pork Sausage and Cheese WG English Muffin Sandwich, Banana | Ferndale Market Breakfast Turkey Sausage Pizza, Orange | Pork Bacon, Scrambled Eggs, Apple | WG French Toast Bake, Pear |
| <u>Lunch</u> | WG Ferndale Market Turkey Noodle Soup, WG Grilled Cheese Sandwich, Berries | Tree Range Farm Terriyaki Glazed Chicken Breast, Brown Rice, Broccoli, Corn, MN Nice Mild Kimchi | WG Tuna Noodle Casserole, Green Beans, Grapes | BBQ Beef Meatballs, WG Garlic Breadstick, Peas and Carrots, Grapefruit | Ferndale Market Ground Turkey and Marinara Penne Pasta, Parmesan Cheese, Roasted Zucchini, Spinach Salad or Green Beans |
| <u>Snack</u> | Applesauce, Rice Cake | Soft Pretzel, Cheese Curd, Mustard | WG Pizza Bagel: Bagel, Marinara, Mozzarella | WG Dinner Roll, Ferndale Market Smoked Turkey Breast | Red Bell Pepper, Yogurt Ranch Dip, WG Garlicky Flat Bread |
| <u>January 15-19</u> | | | | | |
| <u>Breakfast</u> | Toasty O's Cereal, Wheat Squares, Pear | WG Ham and Cheese Biscuit, Banana | WG Cinnamon Raisin Oatmeal, Apple | Turkey Bacon, WG Bagel and Cream Cheese, Berries | Waffle, Hard Boiled Egg, Apple |
| <u>Lunch</u> | WG Chicken Quesadilla, Black Beans, Red Bell Pepper | WG Ground Turkey Spaghetti, Parmesan Cheese, Green Bean, Cucumber | WG Cheese Quiche, Orange, Spinach Salad or Peas | WG Grilled Turkey and Cheese, Avocado, Red Bell Pepper, Pickled Beets | WG Beef Sloppy Joe, BBQ Pinto Bean, Roasted Russet Potatoes |

- Beverages of milk and water will always be offered for meals and snacks.
- The menu is subject to change based on the availability of fresh ingredients.
- WG symbolizes Whole Grain products, containing at least 50% whole grains.



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| Snack | Garlicky Hummus, Cucumber | WG Cinnamon Dinner Roll, Mandarin Orange | Applesauce, Cracker | Devilled Egg, Cracker | WG Pizza Quesadilla: Mozzarella, Pepperoni, Marinara |
| <u>January 22-26</u> | | | | | |
| Breakfast | Toasty O's, Wheat Squares, Shredded Wheat, Pear | Pork Sausage and Cheese WG English Muffin Sandwich, Berries | Cinnamon Raisin Oatmeal, Banana | WG Egg and Cheese Breakfast Burrito, Apple | WG Banana Bread, Pear |
| Lunch | Teriyaki Glazed Salmon, Brown Rice, Edamame, Grapes, MN Nice Mild Kimchi | WG Macaroni and Cheese, Cauliflower, Spinach Salad or Peas | Pepperoni Pizza, Orange, Spinach Salad or Cucumber | Tree Range Farm Crispy Parmesan Garlic Chicken Breast, WG Garlic Breadstick, Russet Potato Fries, Carrot Coins | WG Beef Cheeseburger, Oven Roasted Potatoes, Carrot Sticks and Ranch Dip |
| Snack | Mixed Berry Smoothie, Rice Cake | Berries, Yogurt | WG Buttermilk Blueberry Muffin, Milk | Cucumber, Cottage Cheese | Pizza Cracker (Cracker, Mozzarella, Pepperoni or Olive) |
| <u>January 29-31</u> | | | | | |
| Breakfast | WG Ham and Cheese Quesadilla, Apple | WG Bagel and Cream Cheese, Apple | Yogurt, Granola, Orange | Cheesy Scrambled Egg, WG Biscuit, Banana | Pork Sausage Patty, WG Toast with Butter, Pear |
| Lunch | Tree Range Farms Crispy Mustard Chicken Thighs, WG Garlic Breadstick, Broccoli, Butternut Squash | Thai Basil Beef, Coconut Brown Rice, Cucumber, Pineapple, MN Nice Mild Kimchi | WG Penne Alfredo Pasta, Tree Range Farm Garlic Chicken Breast, Green Beans, Cauliflower | WG Ferndale Market Turkey Taco with Cheese, Salsa, Sour Cream, Corn, Pinto Beans | WG Buttermilk Pancake, Pork Sausage, String Cheese, Mandarin Orange, Peas |
| Snack | WG Carrot Muffin, Milk | Cheddar Cheese, Beef and Pork Summer Sausage, Crackers | Applesauce, WG Cracker | Devilled Egg, Cracker | Ferndale Market Smoked Turkey Breast, Mandarin Orange |

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