

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CLOSED</p> <p>Happy New Year!</p>	<p>2</p> <p>Bagel w/ cream cheese</p> <p>Spaghetti with meat sauce (made with ground chicken)</p> <p>Peas</p> <p>Yogurt</p>	<p>3</p> <p>Waffles</p> <p>Corn dogs with vegetarian baked beans</p> <p>Broccoli</p> <p>Graham crackers</p>	<p>4</p> <p>Cinnamon toast</p> <p>Pizza</p> <p>Salad</p> <p>Orange slices</p>	<p>5</p> <p>Oatmeal</p> <p>Garden burger melt on bun</p> <p>Cucumber slices</p> <p>Goldfish</p>
<p>8</p> <p>Scrambled eggs</p> <p>With toast</p> <p>Grilled cheese</p> <p>Soup</p> <p>Peas</p> <p>Yogurt</p>	<p>9</p> <p>Grits</p> <p>Enchilada casserole(made with beans, rice, sauce & cheese)</p> <p>Vegetable medley</p> <p>Dry fruit snacks</p>	<p>10</p> <p>Cheese biscuit</p> <p>Chicken nuggets</p> <p>Quinoa</p> <p>Broccoli</p> <p>Apple slices</p>	<p>11</p> <p>Pancakes</p> <p>Turkey wrap with Lettuce/tomatoes</p> <p>Sweet potato tots</p> <p>Oatmeal cookies</p>	<p>12</p> <p>Blueberry muffins</p> <p>Lasagna (made with ground chicken)</p> <p>Carrots</p> <p>Animal crackers</p>
<p>15</p> <p>CLOSED</p> <p>Martin Luther King Birthday</p>	<p>16</p> <p>Waffles</p> <p>Macaroni & cheese</p> <p>Green beans</p> <p>Yogurt</p>	<p>17</p> <p>Oatmeal</p> <p>Chili (made with pinto beans)</p> <p>Corn bread</p> <p>Peas</p> <p>Ritz crackers with soy butter</p>	<p>18</p> <p>Bagel with cream cheese</p> <p>Bar-B-Que chicken sliders on whole wheat bun</p> <p>Carrots</p> <p>Cheese crackers</p>	<p>19</p> <p>Cheese toast</p> <p>Taco bowl (made with ground chicken, salsa & cheese)</p> <p>Broccoli</p> <p>Soft granola bars</p>
<p>22</p> <p>Sausage biscuit</p> <p>Cheese quesadillas</p> <p>Soup</p> <p>Mixed vegetables</p> <p>Dry fruit snacks</p>	<p>23</p> <p>Oatmeal</p> <p>Chicken & rice (made with diced chicken and cream of mushroom soup)</p> <p>Green beans</p> <p>Guacamole and chips</p>	<p>24</p> <p>Pancakes</p> <p>Bow-tie pasta with Alfredo sauce</p> <p>Broccoli</p> <p>Vanilla wafers</p>	<p>25</p> <p>Banana squares</p> <p>Turkey meatballs</p> <p>Mashed potatoes</p> <p>Peas</p> <p>Vegetable egg roll</p>	<p>26</p> <p>Scrambled eggs and toast</p> <p>Chicken patty on wheat bun</p> <p>Sweet potato tots</p> <p>Cucumbers/carrots with Ranchdressing</p> <p>Teddy Grahams</p>
<p>29</p> <p>Grits</p> <p>Sloppy joe (made with ground chicken) on bun</p> <p>Cole slaw</p> <p>Peas</p> <p>Soft granola bars</p>	<p>30</p> <p>Pancakes</p> <p>Chicken pasta with vegetables</p> <p>Carrots</p> <p>Goldfish</p>	<p>31</p> <p>Cheese toast</p> <p>Enchilada casserole(made with beans, rice, sauce & cheese)</p> <p>Vegetable medley</p> <p>Dry fruit snacks</p>		<p>Key:</p> <p>Breakfast</p> <p>Lunch</p> <p>Snack</p>

- Organic whole milk is served in Infants II and Tots for breakfast & lunch.
- Organic 1% milk is served in EPS-GPK for breakfast & lunch.
- Water is always available and is served with snack.
- Fresh fruit or canned in natural juice is served with breakfast and lunch.
- Frozen or fresh vegetables are served with lunch.
- Vegetarian option is provided for our vegetarian children.

· **ALC does not serve pork or red meat (beef or lamb).**

12/22