

# January Menu

## JANUARY 2 - 6

### **MONDAY 1/2**

**HAPPY NEW YEAR  
ALL CENTERS CLOSED**

### **TUESDAY 1/3**

Breakfast - Waffles, Diced Pears & Milk  
Lunch - Smoked Turkey Sausage & Pasta Alfredo, Broccoli, Diced Peaches & Milk  
3pm Snack - Animal Crackers

### **WEDNESDAY 1/4**

Breakfast - Peach Muffins, Mixed Fruit & Milk

Lunch - Chicken Pilaf, Purple Hull Peas, Diced Pears & Milk

3pm Snack - Vanilla Wafers

### **THURSDAY 1/5**

Breakfast - Oatmeal, Mandarin Oranges & Milk

Lunch - Chicken & Sausage Paella, String Beans, Diced Peaches & Milk

3pm Snack - Goldfish Crackers

### **FRIDAY 1/6**

Breakfast - French Toast, Applesauce & Milk

Lunch - Fish Nuggets, Tater Tots, Pineapple Tidbits & Milk

3pm Snack - Fresh Apple Slices

## JANUARY 9 - 13

### **MONDAY 1/9**

Breakfast - Cheese Grits, Diced Pears & Milk  
Lunch - Beef & Broccoli w/Rice, Mixed Fruit & Milk

3pm Snack - Cheese & Crackers

### **TUESDAY 1/10**

Breakfast - Blueberry Muffins, Diced Peaches & Milk

Lunch - Chicken & Sausage Tetrizzini, Butter Peas, Pineapple Tidbits & Milk

3pm Snack - Frozen Yogurt

### **WEDNESDAY 1/11**

Breakfast - Cheese Biscuits, Applesauce & Milk

Lunch - Cheese Tortellini, Green Beans, Diced Pears & Milk

3pm Snack - Fresh Apple Slices

## **THURSDAY 1/12**

Breakfast - Oatmeal, Mandarin Oranges & Milk

Lunch - Baked Chopped Steak, Mashed Potatoes, Mixed Fruit & Milk

3 pm Snack - Pretzels

## **FRIDAY 1/13**

Breakfast - Waffles, Diced Peaches & Milk

Lunch - Chicken Spaghetti, Purple Hull Peas, Diced Pears & Milk

3pm Snack - Gold Fish Crackers

## JANUARY 16 - 20

### **MONDAY 1/16**

**MLK DAY**

**ALL CENTERS CLLOSED**

### **TUESDAY 1/17**

Breakfast - Peach Muffins, Mixed Fruit & Milk

Lunch - Chicken Nuggets, Mashed Potatoes, Diced Peaches & Milk

3pm Snack - Cheese & Crackers

### **WEDNESDAY 1/18**

Breakfast - Cheese Biscuits, Pineapple Tidbits & Milk

Lunch - Sloppy Joe, String Beans, Diced Pears & Milk

3pm Snack - Vanilla Wafers

### **THURSDAY 1/19**

Breakfast - Oatmeal, Applesauce & Milk

Lunch - Chicken Etouffee & Rice, Purple Hull Peas, Mixed Fruit & Milk

3pm Snack - Fresh Apple Slices

### **FRIDAY 1/20**

Breakfast - Waffles, Mandarin Oranges & Milk

Lunch - Fish Nuggets, Tater Tots, Diced Peaches & Milk

3pm Snack - Goldfish Crackers

## JANUARY 23 - 27

### **MONDAY 1/23**

Breakfast - French Toast, Diced Pears & Milk

Lunch - Beef Nuggets, Mashed Potatoes, Mixed Fruit & Milk

3pm Snack - Fresh Apple Slices

## **TUESDAY 1/24**

Breakfast - Cheese Grits, Applesauce & Milk

Lunch - Italian Chicken & Broccoli w/Pasta, Diced Peaches & Milk

3pm Snack - Frozen Yogurt

## **WEDNESDAY 1/25**

Breakfast - Waffles, Mandarin Oranges & Milk

Lunch - Chicken Sliders, Mashed Potatoes, Pineapple Tidbits & Milk

3pm Snack - Cheese & Crackers

## **THURSDAY 1/26**

Breakfast - Oatmeal, Pineapple & Milk

Lunch - Cheese Pizza, Green Beans, Diced Peas & Milk

3pm Snack - Goldfish Crackers

## **FRIDAY 1/27**

Breakfast - Pancakes, Applesauce & Milk

Lunch - Chicken Cordon Bleu, Butter Peas, Mixed Fruit & Milk

3pm Snack - Vanilla Wafers

## JANUARY 30 - 31

### **MONDAY 1/30**

Breakfast - French Toast, Mandarin Oranges & Milk

Lunch - Meat Sauce & Macaroni, String Beans, Pineapple Tidbits & Milk

3pm Snack - Fresh Apple Slices

### **TUESDAY 1/31**

Breakfast - Oatmeal, Applesauce & Milk

Lunch - Oriental Chicken w/Rice & Vegetables, Pineapple Tidbits & Milk

3pm Snack - Goldfish Crackers



"Growing Room Tallahassee"



@Growing\_Room

www.pinterest.com/grtally



**\*\* Please remember to send in a substitute if there is something on the menu your child cannot eat due to allergies or other food restrictions. All substitutes need to be checked in at the front desk and must be nut free!**

**\*\* Sausage being served is turkey sausage**

**www.GrowingRoomChildCare.com**