







**CHECK OUR MENU OUT ON OUR WEBSITE: [www.wschildcare.org](http://www.wschildcare.org)  
**JANUARY 2012 MENU****

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
2 <b>CLOSED</b> 	3 yogurt & pineapple/oj CHEESEBURGER MACARONI CASSEROLE PEAS TROPICAL FRUIT MILK saltines & grape juice	4 townhouse ckr & oj SOFT SHELL BEEF TACO WITH LETTUCE & CHEESE CORN PEACHES MILK sugar cookie & milk	5 oyster ckr, raisins & oj CN CORN DOGS MIXED VEGETABLE PEARS MILK pretzels, cheese & grape juice	6 french toast mania& oj PEPPERONI PIZZA GARDEN SALAD FRUIT MEDLEY MILK wheat thins & grape juice
9 fig newton & oj SWEDISH MEATBALLS OVER NOODLES CARROTS FRUIT COCKTIAL MILK oatmeal cookie & milk	10 saltines & pine/oj GRILLED CHEESE & TURKEY SANDWICH VEGETABLE SOUP PEACHES MILK graham ckr & grape juice	11 cinnamania & milk LASAGNA GREEN BEANS PEARS BREAD & BUTTER MILK donut holes & oj	12 ritz ckr & fruit punch FRIENDSHIP STEW WITH MEATBALLS MANDARIN ORANGES BREAD & BUTTER MILK rice crispie treats & oj	13 townhouse ckr & oj FISH NUGGETS FRENCH FRIES FRUIT MEDLEY MILK cookie bar & milk
16 club ckr & apple juice MEATBALLS & SAUCE ON A BUN CUCUMBERS PINEAPPLE MILK teddy grahams & oj	17 oyster ckr & oj BOLOGNA & CHEESE ROLL-UP ON WHEAT FLAT BREAD CARROTS PEACHES MILK yogurt & grape juice	18 vanilla wafers & pine/oj SHEPHERD'S PIE CORN MANDARIN ORANGES MILK cookie bar & fruit punch	19 french toast mania & white grape j HAMBURGER ON BUN FRENCH FRIES PEARS MILK animal ckr & oj	20 teddy grahams & apple j. MAC & CHEESE PEAS FRUIT MEDLEY BREAD & BUTTER MILK cereal mix & oj
23 saltines & oj SMOKED SAUSAGE PASTA MEDLEY MANDARIN ORANGES BREAD & BUTTER MILK fig newtons & apple j.	24 donut holes & milk PASTA WITH MEAT SAUCE GREEN BEANS APPLESAUCE BREAD & BUTTER MILK pretzels cheese & grape j.	25 townhouse & oj CHICKEN PATTY ON BUN OR BREAD CORN TROPICAL FRUIT MILK muffin square & fruit punch	26 ritz ckr & oj TOSTADA BAKE CARROTS PEARS MILK oyster ckr raisins & apple juice	27 oatmeal cookie & milk CN CHEESE RAVIOLI GREEN BEANS FRUIT MEDLEY BREAD & BUTTER MILK cereal mix & apple juice
30 goldfish & grape j SWEET & SOUR CHICKEN OVER RICE MIXED VEGETABLES PINEAPPLE MILK pretzels cheese & grape juice	31 yogurt & pine/oj SWISS STEAK MASHED POTATOES PEACHES MILK cereal mix & milk			

Subject to change without advance notice. LEGEND: \* CN Indicates a product bearing a child nutrition label; lower case snacks; UPPER CASE LUNCH

**MEAL PATTERN REQUIREMENTS**

	<b>MENU FORM Lunch</b>	<b>AGE 1-2</b>	<b>AGE 3-5</b>	<b>AGE 6-12</b>	
	MILK, FLUID MEAT OR ALTERNATE VEGETABLE OR FRUIT VEGETABLE OR FRUIT CEREAL/BREAD ALTERNATE	1/2 cup 1 oz. 1/4 cup 1/4 cup 1/2 slice	3/4 cup 1 1/2 oz. 1/2 cup 1/2 cup 1/2 slice	1 cup 2 oz. 3/4 cup 3/4 cup 1 slice	
<b>SNACKS: CHOOSE 2 OF THESE 4</b>	milk or fluid vegetable or fruit bread or alternate meat or alternate (do not serve milk and juice together or 2 foods from same group).	1/2 cup 1/2 cup 1/2 slice 1/2 oz.	1/2 cup 1/2 cup 1/2 slice 1/2 oz.	1 cup 3/4 cup 1 slice 1 oz	