

GREAT BEGINNINGS		JANUARY 2010			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				JANUARY 1	HAPPY NEW YEAR !!
JANUARY 4 AM: GRAHAM CRACKERS, 2 EA MILK, 1/2 C PM: BUTTER COOKIE, 1 EA 100% APPLE JUICE NO DYES	JANUARY 5 AM: BLUEBERRY BREAD, 1 SL MILK, 1 PKTS PM: RITZ CRACKERS, 4 EA AMERICAN CHEESE, 1 SL	JANUARY 6 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: VANILLA YOGURT BULK, 1/2 C VANILLA WAFERS, 4 EA	JANUARY 7 AM: STRAWBERRY YOGURT, 1/2 C GRAHAM CRACKERS, 2 EA PM: OATMEAL RAISIN SNACK, 1 EA MILK, 1/2 C	JANUARY 8 AM: CEREAL TRAIL MIX, 1/3 C MILK, 1/2 C PM: GOLDFISH, 1/2 C CHILLED DICED PEARS, 1/2 C	
JANUARY 11 AM: GRAHAM CRACKERS, 2 EA MILK, 1/2 C PM: CHEESE NIPS, 1/3 C 100% CITRUS PUNCH / NO DYES, 1/2 C	JANUARY 12 AM: ENGLISH MUFFIN, 1/2 EA W/ GRAPE JELLY MILK, 1/2 C PM: MINI PRETZELS, 8 EA 100% WHITE GRAPE JUICE, 1/2 C	JANUARY 13 AM: CORN FLAKES, 1/3 C MILK, 1/2 C PM: VANILLA YOGURT BULK, 1/2 C VANILLA WAFERS, 4 EA	JANUARY 14 AM: RAISIN BREAD, 1/2 SL MILK, 1/2 C PM: GRAHAM CRACKERS, 2 EA 100% APPLE JUICE NO DYES, 1/2 C	JANUARY 15 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: GOLDFISH, 1/3 C 100% WHITE GRAPE JUICE, 1/2 C	
JANUARY 18 AM: FRENCH TOAST STICKS, 2 EA W/ SYRUP MILK, 1/2 C PM: RITZ CRACKERS, 4 EA AMERICAN CHEESE, 1 SL	JANUARY 19 AM: LIFE CEREAL, 1/3 C MILK, 1/2 C PM: OATMEAL RAISIN SNACK, 1 EA 100% WHITE GRAPE JUICE, 1/2 C	JANUARY 20 AM: STRAWBERRY YOGURT, 1/2 C GRAHAM CRACKERS, 2 EA PM: MINI PRETZELS, 8 EA MILK, 1/2 C	JANUARY 21 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: GOLDFISH, 1/3 C 100% CITRUS PUNCH / NO DYES, 1/2 C	JANUARY 22 AM: BANANA BREAD, 1 SL MILK, 1/2 C PM: RICE CAKES, 3 EA 100% APPLE JUICE NO DYES, 1/2 C	
JANUARY 25 AM: BLUEBERRY BREAD, 1 SL MILK, 1/2 C PM: BUTTER COOKIE, 1 EA 100% APPLE JUICE NO DYES, 1/2 C	JANUARY 26 AM: GRAHAM CRACKERS, 2 EA MILK, 1/2 C PM: RITZ CRACKERS, 4 EA AMERICAN CHEESE, 1 SL	JANUARY 27 AM: PLAIN BAGEL, 1/2 EA W/ GRAPE JELLY MILK, 1/2 C PM: BREADSTICKS, 1 PKTS 100% CITRUS PUNCH / NO DYES, 1/2 C	JANUARY 28 AM: RAISIN BREAD, 1 SL MILK, 1/2 C PM: VANILLA YOGURT BULK, 1/2 C FRESH BANANA, 1/2 EA	JANUARY 29 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: GRAHAM CRACKERS, 2 EA 100% ORANGE PINEAPPLE / NO DYES	

Portions meet CACFP requirements for 3 to 5 year olds. All alternates discussed on an individual basis as needed.
Specializing in Day Care and School Lunch Programs and Business and Office Luncheons
6 oz milk required with each meal