











January



2022-2023 Preschool Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Dark Green	Red/Orange	Starchy	Beans & Legumes	Other
2  Winter Break	3  Winter Break	4  Winter Break	5  Winter Break	6  Winter Break
9  Winter Break	10  Winter Break	11 Back to School! Pizza w Ranch Warm Corn Apple	12 Bean & cheese Buritto Steamed carrots Sliced peaches	13 Chef's Burger Cucumber spears Pear in light syrup
16  Martin Luther King Jr. Day No School	17 Fried Chicken Mashed potato Green beans	18 Tamales W/salsa Jicama sticks Mandarin	19 Fish sticks W/ranch Curry rice peas&carrot Apple	20 French bread pizza Salad w/ranch Orange wedges
23 Chef's Inspiration	24 chicken drum stick Potato puree Baby carrots	25 Asian chicken Brown rice Steamed broccoli Apple	26 Beef tacos tortilla Refried Beans watermelon	27 Chicken nuggets Potato wedges Mandarin
30 Cheeseburger Side salad w/ dressing Orange wedges	31 Chicken pozole Corn chips Cabbage & lemon			

Menu is subject to change without notice *Not all items may be available everyday*

"All of the Grains/Bread items served are whole grain at 1 1/2 oz equivalent

Offered Daily: 6oz 1% unflavored milk, 1/4 cup of fruit (seasonal), 1/4 cup of vegetables, (All sub-groups offered weekly)

and 1 1/2 oz. equivalent of meat/meat alternatives

Serving ages: 3-5 years old