

# JANUARY



HORIZON EDUCATION CENTERS

Jan-22

2	3	4	5	6
 WG Cheese Pizza, Green Beans, Diced Strawberries, and milk.	Meatloaf, Mashed Potatoes, WG Roll, Applesauce, and milk.	Teryaki Chicken, Mixed Vegetables, Pineapple Tidbits, WG Rice, and milk.	Turkey Burger w/ Cheese, Diced Carrots, Fresh Banana, WG Bun, and milk.	
9	10	11	12	13
WG Beef and Cheese Burrito, Corn, Mango Chunks, and milk.	CN WG chicken Tenders, Mixed Vegetables, Fresh Apple Slices, WG Roll, and milk.	Sloppy Joe, Diced Carrots, Diced Pears, WG Bun, and milk	Parsley Lemon Chicken, Sweet Peas, Banana, Brown Rice, and milk	WG Ravioli, Green Beans, Diced Peaches, and milk
16	17	18	19	20
Cn Chicken Nuggets, Broccoli, Blueberries, WG Dinner Roll, and milk	CN Beef Burger w/ Cheese, Peas, Pinapple Tidbits, WG Hamburger Bun, and milk.	Chicken Tacos, Sweet Corn with Lettuce, Salsa, and Cheese, Sliced Peaches, WG Flour Tortilla, and milk.	Salisbury Steak & Gravy, Green Beans, Fresh Apple Slices, WG Roll, and milk.	WG Uncrustable Egg & Turkey Sausage & Cheese, Hash Browns, Fresh Bananas, Cheese Sticks, and milk.
23	24	25	26	27
Meatball Sub, Broccoli, Diced Strawberries, WG Hot Dog Bun, and milk.	WG Grilled Cheese, Green Beans, applesauce, and milk.	Cheesy Chicken Rotini, Peas, Fresh Bananas, and milk.	WG Chicken Patty, Corn, Peaches, WG Bun, and milk.	WOW Butter and Jelly, Cheese Stick, Carrot Sticks, Fresh Oranges, and milk.
30	31			
WG Mac and Cheese, Peas, Pineapple Tidbits, and milk.	WG Chicken Tenders, Green Beans, Diced Pears in Juice, WG Dinner Roll, and milk.			

	1 & 2 Years	3-5 Years	6-12 Years
Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.
Grains Breads Pasta Noodles	1/2 oz. eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>
Fruit	1/8 c	1/4 c.	1/4 c.
Vegetable	1/8 c	1/4 c.	1/2 c.
Milk, fluid	1/2 c	3/4 c	1 c

