

January

Catering On Call



HORIZON EDUCATION CENTERS

Jan-22

	3	4	5	6	7
	Meatball Sub Mixed Vegetables Applesauce WG Hot Dog Bun	WG Chicken Nuggets Broccoli Pineapple Tidbits Dinner Roll	Turkey Burger w/Cheese Diced Carrots Diced Strawberries WG Hamburger Bun	Chicken Penne Alfredo Sweet Peas Blueberries	Sloppy Joe Green Beans Fresh Banana WG Hamburger Bun
	10	11	12	13	14
	WG Wowbutter and Jelly Sandwich Cheese Stick Baby Carrots and Ranch Apple slices	Swedish Meatballs Buttered Noodles Broccoli Diced Strawberries	WG Grilled Cheese Sandwich Green Beans Peaches	WG Cheese Ravioli Romaine & Cucumber Salad Fresh Banana	Parsley Lemon Chicken Brown Rice Sweet Peas Diced Peaches
	17	18	19	20	21
	Beef Meatballs Spagetti with Sauce Green Beans Diced Strawberries	Mini Pancakes Cheese Eggs Roasted Potatoes Applesauce	Chicken Tacos Sweet Corn Lettuce/Salsa/Cheese Diced Peaches Flour Tortilla	Sliced Turkey w/Gravy Mashed Potatoes Fresh Apple Slices Dinner Roll	WG Cheese Pizza Baby Carrots w/Ranch Fresh Banana
	24	25	26	27	28
	Beef Pasta Romaine/Cucumber Salad Blueberries	WG Chicken Strips Macaroni and Cheese Green Beans Applesauce	Sloppy Joes Tater Tots Mandarin Oranges WG Hamburger Bun	Teriyaki Chicken Brown Rice Stir Fry Vegetables Fresh Apple Slices	Bosco Sticks Baby Carrots w/ Ranch Fresh Banana
	31				
	Breaded Chicken Patty Broccoli Diced Strawberries WG Hamburger Bun				

	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 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup
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



This Institution is an Equal Opportunity Provider.

Unflavored Milk is served with lunch