

Rocking Horse Early Learning Center

2253 American Way
Port Allen, LA 70767

Breakfast

January 2026

225-749-4004
Info@RHELC.com
TaxID: 26-3480811

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Brown Sugar/Cinnamon Oatmeal Diced Pears Whole/Skim Milk	2 WW Waffles w/ Syrup Fruit Cocktail Whole/Skim Milk
5 WW French Toast Sticks Sliced Peaches Whole/Skim Milk W-1	6 Cheese Grits Mixed Tropical Fruit Whole/Skim Milk	7 WW Toast w/ Jelly Fruit Cocktail Whole/Skim Milk	8 WW Cinnamon Biscuits Sliced Pears Whole/Skim Milk	9 Breakfast Sausage Mandarin Oranges Whole/Skim Milk
12 WW Waffle w/ Syrup Sliced Peaches Whole/Skim Milk W-2	13 WW Buttered Biscuit Mixed Tropical Fruit Whole/Skim Milk	14 Dry Cereal Fruit Cocktail Whole/Skim Milk	15 Pancake on a Stick Mandarin Oranges Whole/skim Milk	16 Buttered Grits Fruit Cocktail Whole/Skim Milk
19 Creamy Oatmeal Mixed Tropical Fruit Whole/Skim Milk W-3	20 WW French Toast Sticks Mandarine Oranges Whole/Skim Milk	21 WW Cinamaon Toast Mixed Fruit Whole/Skim Milk	22 Breakfast Sausage Fruit Cocktail Whole/Skim Milk	23 Dry Cereal Sliced Pears Whole/Skim Milk
26 WW Pancakes Sliced Peaches Whole/Skim Milk W-4	27 WW Buttered Toast Mixed Fruit Whole/Skim Milk	28 WW English Muffin Breakfast Sausage Tropical Fruit Whole/Skim Milk	29 Brown Sugar/Cinnamon Oatmeal Diced Pears Whole/Skim Milk	30 WW Waffles w/ Syrup Fruit Cocktail Whole/Skim Milk

USDA Nondiscrimination Statement: The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individuals income is derived from any public assistance program. (Not all prohibited bases apply to all programs.)

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Lunch
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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Stew Steamed Rice Buttered Squash Pienapple	2 Breaded Fish Sticks WW Macaroni & Cheese Sweet Peas Tropical Fruit
5 Chicken and Sausage Gumbo Steamed Rice Buttered Corn' Sliced Pears	6 WW Spaghetti w/ Meat Sauce Steamed Brocoli Fruit Cocktail Whole/Skiim Milk	7 Shrimp Stew w / Rice Green Beans Mandarin Orange Slices Whole/Skim Milk	8 BBQ Pork Baked Beans Buttered Diced Potatoes Pineapple Tidbits	9 Red Beans w/ Ham & Sausage Steamed Rice Green Beans Mixed Tropical Fruit
12 Meatloaf w/ Gravy Steamed Rice Sweet Peas Sliced Pears	13 Oven Fried Fish Garlic Mashed Potatoes Lima Beans Pineapple Chunks	14 WW Pastalya w/ Pork & Sausage Sweet Potatos Tropical Fruit	15 All Beef Hot Dog w/ WW Bun Buttered Diced Potatos Mandarin Oranges Whole/Skim Milk	16 Chicken Stew Steamed Rice Brocoli & Cheese Casserole Fuit Cocktail
19 Shrimp Stew w/ Rice Glazed Carrots Pineapple Tidbits Whole/Skim Milk	20 Smothered Pork Chops Mashed Potatos Sweet Peas Applesauce	21 White Beans w/ Ham & Sausage Steamed Rice Buttered Squash / Sliced Pears	22 WW Chicken Nuggets Green Beans Mixed Fruit Whole/Skim Milk	23 Sloppy Joe on WW Bun Baked Beans Sliced Peaches Whole/Skim Milk
26 Baked Pork Chop Cajun Rice Dressing Sweet Pototo Casserole Sliced Peaches	27 WW Grilled Cheese Sandwich Green Beans Sliced Pears Whole/Skim Milk	28 Chicken & Sausage Jambalya Sweet Peas Fruit Cocktail Whole/skim Milk	29 Beef Stew Steamed Rice Buttered Squash Pienapple	30 Breaded Fish Sticks WW Macaroni & Cheese Sweet Peas Tropical Fruit

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Afternoon Snack

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Cheddar Goldfish 100% Juice	2 WG Bean & Veggie Crackers 100% Juice
5 WG Vanilla Wafers 100% Juice	6 WG Tiger Bite Crackers 100% Juice	7 Crackers Mozzarella String Cheese 100% Juice	8 Ritz Bitz Cheese Crackers 100% Juice	9 WG Cheddar Cheese its 100% Juice
12 WG Animal Crackers 100% Juice	13 Cheddar Cheese Its 100% Juice	14 WW Honey Graham Crackers 100% Juice	15 WG Cheddar Goldfish 100% Juice	16 WG Bean & Veggie Carkers 100% Juice
19 WG Vanilla Wafers 100% Juice	20 WG Tiger Bite Crackers 100% Juice	21 WG Cheddar Cheese Its 100% Juice	22 Ritz Bitz Cheese Crackers 100% Juice	23 Crackers Mozzarella String Cheese 100% Juice
26 WG Animal Cracker 100% Juice	27 Cheddar Cheese Its 100% Juice	28 WW Honey Graham Crackers 100% Juice	29 WG Cheddar Goldfish 100% Juice	30 WG Bean & Veggie Crackers 100% Juice

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