



# Little Garden In-Home Child Care

## January 2020 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		milk oranges cucumbers pasta chicken	milk grapes red peppers pinto beans cheese quesadil.	milk bananas celery whole wheat bun hamburger
6	7	8	9	10
milk bananas potatoes whole wheat bun parm. Cr. Chick.	milk pears tomato soup whole wheat br. ham & cheese	milk peaches broccoli pasta turkey	milk raspberries potatoes whole wheat roll chicken breast	milk oranges cucumbers wh. Wheat bread pb & j
13	14	15	16	17
milk pineapple peas whole wheat bread turkey	milk pears potatoes brown rice shrimp	milk peaches green beans pasta sausage	milk mandarin oranges tomato soup whole wheat br. ham & cheese	milk bananas potatoes whole wheat bun parm. Cr. Chick.
20	21	22	23	24
milk banana sw. pot. Fries wheat bun hamburger	milk oranges salad wheat pizza turkey sausage	milk strawberries corn wheat tortilla turkey/cheese	milk apples broccoli whole wheat br. pb/jelly	milk apples green beans whole wheat bun turkey dogs
27	28	29	30	31
milk pineapple vegetable soup whole wheat bread ham & cheese	milk apples carrots whole wheat br. turkey	milk bananas potatoes whole wheat bun parm. Cr. Chick.	milk pineapple green beans brown rice shrimp	milk apricots broccoli rice stir fry chicken

### Afternoon Snack

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
carrots hummus water	graham crackers applesauce water	salsa/guacamole tortilla chips water	cucumbers crackers water	popcorn raisins water