



# January 2020

## Menu for Mt. Pleasant Child Care



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>"I" Week</b></p>		<p><b>1 Closed</b></p> 	<p><b>2</b> Breakfast: Sausage sandwich, milk, juice AM Snack: I Cookies Lunch: Chicken patty sandwich, chips, pickle, fruit, milk PM Snack: Veggie straws</p>	<p><b>3</b> Breakfast: Cinnamon rolls, juice, milk AM Snack: Carrots, pretzels and ranch Lunch: Taco, rice, fruit, milk PM Snack: Cheese puffs</p>
<p><b>6 "J" Week</b> Breakfast: Eggs, toast, milk, juice AM Snack: Apple Jacks, milk Lunch: Chicken, broccoli, cheese and rice, fruit, milk PM Snack: Mini wheats, milk</p>	<p><b>7</b> Breakfast: Sausage biscuit, juice, milk AM Snack: Jell-O pudding Lunch: Hot dogs, French fries, peas, fruit, milk PM Snack: Cottage cheese, crackers</p>	<p><b>8</b> Breakfast: Cereal, milk, juice AM Snack: "J" cookies Lunch: Rotini, salad, fruit, milk PM Snack: Nachos &amp; cheese</p>	<p><b>9</b> Breakfast: Donuts, juice, milk AM Snack: Jell-O cookies Lunch: Beef noodle soup and crackers, fruit, milk PM Snack: Pizza rolls</p>	<p><b>10</b> Breakfast: Toaster strudel, juice, milk AM Snack: Jello, fruit Lunch: Chicken nuggets, mashed potatoes, corn, fruit, milk PM Snack: Cheese &amp; crackers</p>
<p><b>13 "K" Week</b> Breakfast: Pancakes and bacon, juice, milk AM Snack: Kix cereal Lunch: Ham BBQ, tator tots, fruit, milk PM Snack: Angel eggs</p>	<p><b>14</b> Breakfast: Bagels, milk, juice AM Snack: "K" cookies and milk Lunch: Meatloaf, mashed potatoes, corn, fruit, milk PM Snack: Candied cheerios</p>	<p><b>15</b> Breakfast: Cereal, milk, juice AM Snack: Key lime pie muddy buddies Lunch: Hot ham &amp; cheese sandwiches, chips, carrots, fruit, milk PM Snack: Éclair cake, milk</p>	<p><b>16</b> Breakfast: French toast, juice, milk AM Snack: Krispy treats, milk Lunch: Cheeseburger, tator tots, pickles, fruit, milk PM Snack: Yogurt &amp; animal crackers</p>	<p><b>17</b> Breakfast: Cinnamon/cheese toast, fruit, juice, milk AM Snack: Kettle popcorn Lunch: Chicken noodle soup, crackers, fruit, milk PM Snack: Cheese sticks &amp; crackers</p>
<p><b>20 "L" Week</b> Breakfast: Cereal, milk, juice AM Snack: Lemon Cookies Lunch: Steak or Chicken Salad, fruit, milk PM Snack: Brownies, milk</p>	<p><b>21</b> Breakfast: Egg &amp; bacon sandwich, juice, milk AM Snack: Lucky charms and milk Lunch: Turkey and cheese wraps, pickles, fruit, milk PM Snack: Granola bars, milk</p>	<p><b>22</b> Breakfast: Breakfast casserole, juice, milk AM Snack: "L" Cookies Lunch: Macaroni &amp; cheese, peas, fruit, milk PM Snack: Apple crisp</p>	<p><b>23 Luau</b> Breakfast: Fruit &amp; yogurt, juice, milk AM Snack: Lime Jello-O Lunch: Hoagie, chips, cucumbers, fruit, milk PM Snack: Trail mix, milk</p>	<p><b>24</b> Breakfast: Pancakes and sausage, juice, milk AM Snack: Little carrots and dip Lunch: Corn dogs, french fries, fruit, milk PM Snack: Crackers &amp; cheese</p>
<p><b>27 "M" Week</b> Breakfast: Scrambled eggs, toast, juice, milk AM Snack: Mandarin oranges, cottage cheese Lunch: Pizza, fruit, milk PM Snack: Goldfish, juice &amp; milk</p>	<p><b>28</b> Breakfast: Meat and cheese casserole, juice, milk AM Snack: Mint Oreos and Milk Lunch: Grilled cheese sandwich, tomato soup, fruit, milk PM Snack: Golf fish, juice</p>	<p><b>29</b> Breakfast: Cereal, juice, milk AM Snack: Mozzarella cheese and crackers Lunch: Baked chicken, mashed potatoes, green beans, fruit, milk PM Snack: Nachos &amp; cheese</p>	<p><b>30</b> Breakfast: Cinnamon &amp; cheese toast, juice, milk AM Snack: Mini wheats &amp; milk Lunch: Tacos, rice, corn, fruit, milk PM Snack: Jell-O</p>	<p><b>31</b> Breakfast: Muffins, juice, milk AM Snack: Marshmallow &amp; pretzels Lunch: Ravioli, salad, bread, fruit, milk PM Snack: Apple slices, dip</p>

**Water will be offered with snacks. This menu is subject to change.**