Child Development, Inc.

TAMAQUA

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
 **PROGRAM CLOSED**	French Toast Sticks Fruit/Juice/Milk **Breaded Chicken** **French Fries** **Buttered Peas** **Fruit**	Yogurt w/Mini Loaf Fruit/Juice/Milk **Sausage, Egg & Cheese** **Hash Brown** **Baked Beans** **Choice of Fruit**	Dutch Waffle Fruit/Juice/Milk **Baked Cheese Pizza** **Mixed Vegetables** **Choice of Fruit**	Assorted Cereal Fruit/Juice/Milk **Cheesy Breadsticks** **Sauce** **Garden Salad** **Green Beans** **Choice of Fruit**
8	9	10	11	12
Assorted Cereal Fruit/Juice/Milk **Popcorn Chicken** **Mashed Potatoes** **Steamed Corn** **Choice of Fruit**	Pancakes w/Syrup Fruit/Juice/Milk **Taco Tuesday** **Tortilla Chips** **Cheese,Lett, Salsa** **Broccoli** **Choice of Fruit**	Yogurt w/Mini Loaf Fruit/Juice/Milk **Buttered Pierogis** **WG Roll** **String Cheese** **Carrots** **Choice of Fruit**	Egg Sandwich on Muffin Fruit/Juice/Milk **Hot Ham & Cheese** **Scallop Potato** **Baked Beans** **Choice of Fruit**	Assorted Cereal Fruit/Juice/Milk **Mac & Cheese** **Breaded Chicken** **Stewed Tomatoes** **Choice of Fruit**
15	16	17	18	19
 **PROGRAM CLOSED**	French Toast Sticks Fruit/Juice/Milk **Grilled Cheese** **Tomato Soup** **Crackers** **Choice of Fruit**	Yogurt w/Mini Loaf Fruit/Juice/Milk **Baked Cheese Pizza** **Garden Salad** **Steamed Broccoli** **Choice of Fruit**	Dutch Waffle Fruit/Juice/Milk **Hamburger on WG Bun** **French Fries** **Steamed Corn** **Choice of Fruit**	Assorted Cereal Fruit/Juice/Milk **Hotdog on WG Bun** **Tater Tots** **Steamed Carrots** **Choice of Fruit**
22	23	24	25	26
Assorted Cereal Fruit/Juice/Milk **General Tso** **Popcorn Chicken** **Brown Rice** **Steamed Broccoli** **Choice of Fruit** WG Mini Banana Loaf Orange Wedges	Waffles w/Syrup Fruit/Juice/Milk **Hot Ham & Cheese** **Sun Chips** **Steamed Peas** **Choice of Fruit** WG Teddy Grahams Peaches	Yogurt w/Mini Loaf Fruit/Juice/Milk **Pasta w/Meat Sauce** **WG Roll** **Cheese** **Steamed Carrots** **Choice of Fruit** String Cheese Cherry Vanilla Yogurt	Pancakes w/Syrup Fruit/Juice/Milk **BBQ Sloppy Joe on WG Bun** **Baby Cake** **Potatoes** **Green Beans** **Choice of Fruit** **TBD** Pineapples	Assorted Cereal Fruit/Juice/Milk **Cheesy Breadsticks** **Sauce** **Garden Salad** **Kidney Beans** **Choice of Fruit** WG Cheddar Goldfish Crackers Applesauce
29	30	31		
Assorted Cereal Fruit/Juice/Milk **Chicken Finger Wrap** **Lettuce & Tomato** **Steamed Corn** **Choice of Fruit** WG Cheez-It Crackers Apple Wedges	Dutch Waffle Fruit/Juice/Milk **Taco Tuesday** **Tortilla Chips** **Cheese & Lettuce** **Refried Beans** **Choice of Fruit** String Cheese Peach Yogurt	Yogurt w/Mini Loaf Fruit/Juice/Milk **French Toast Sticks** **Hash Brown Patty** **Sausage Link** **Steamed Broccoli** **Choice of Fruit** WG Blueberry Muffin Mandarin Oranges		

All meals are served with 1% unflavored milk; juice is 100% pasteurized; yogurt contains no more than 23 grams of sugar per 6 ounce serving; cereal contains no more than 6 grams of sugar per dry ounce.

Menu Subject to Change