



Child
Development, Inc.
SCHUYLKILL HAVEN

Happy New Year!

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 	2	3
		PROGRAM CLOSED	Mini-Waffles wg Fruit or Juice Milk Grilled Chicken wg Mashed Potatoes Cooked Carrots Strawberries	Kix wg Fresh Fruit Milk Fish Sticks wg French Fries Fresh Vegetables Pineapples
6	7	8	9	10
Muffin wg Fruit or Juice Milk Cheese Burger w/roll wg Seasoned Diced Potatoes Mixed Fruit	Pancakes wg Fruit or Juice Milk Pasta w/meatsauce wg Salad Dinner Roll wg Orange Slices	Breakfast Pizza wg Fruit or Juice Milk Pop-Corn Chicken wg Peas Rice wg Cucumber Slices	Nutri Grain Bar wg Fruit or Juice Milk Chicken Parm Pasta wg Apple Slices	Chex wg Fresh Fruit Milk Toasted Cheese wg Celery w/Dip Tomato Soup Banana
13	14	15	16	17
Bagel wg & Yogurt Fruit or Juice Milk French Toast wg Hash Brown Peaches	Fruit-Filled Pancakes wg Fruit or Juice Milk Mozz Stick w/sauce wg Salad Cucumber Slices Peach Cup	French Toast Sticks wg Fruit or Juice Milk Stromboli Fresh Vegetable Choice Pears	Yogurt Parfait Fruit or Juice Milk Taco in a Bag wg Salsa - Cheese Lettuce - Tomato Soft Pretzel Apple	Cherrios wg Fresh Fruit Milk Mac & Cheese wg Green Beans Mandarin Oranges
20	21	22	23	24
	Waffle wg Fruit or Juice Milk Hot Ham & Cheese wg Potato Tots Celery & Carrots w/Dip Banana	Pancakes wg Fruit or Juice Milk Beef Chili Or Tuna on Roll Mozz Cheese Stick Salad Orange Slices	Bagel wg & Yogurt Fruit or Juice Milk Chicken Pattie w/Roll wg Potato Rounds Lettuce - Tomatoes Peach Cup	Cherrios wg Fruit or Juice Milk Pizza wg Fresh Vegetable Choice Tropical Fruit
27	28	29	30	31
Pancakes wg Fruit or Juice Milk Cheese Steak wg French Fries Fruit Choice	Waffle wg Fruit or Juice Milk Chicken Nuggets wg Vegetable Rice Fruit Choice	Egg & Cheese Omelet Fruit or Juice Milk Turkey Sub wg Baked Chips wg Vegetable Choice Fruit Choice	Bagel & Yogurt wg Fruit or Juice Milk Pop Corn Chicken Bowl wg Potatoes Corn Fruit Choice	Chex Fruit or Juice Milk Pierogies wg Green Bean Fruit Choice

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