

JANUARY 2021

Organic whole milk is served to children under two in the infant and toddler programs. Children two and older will be served 1% or skim milk. One-grain rich food is served every day.

POM serves the following cereals:
Hy-Vee - Tastee-O's - 2 grams of sugar per 1.5 cup serving size, and Chex - Gluten Free - 2 grams of sugar per 1.5 cup serving size.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast WW Pancakes, Fruit, Milk 28 Lunch WW Spaghetti Meatballs, Veggies, Fruit, Milk Snack Apples, Sun butter, Water	Breakfast Scrambled Eggs, Toast, Fruit, Milk 29 Lunch Chicken Rice Casserole W/Veggies, Fruit, Milk Snack Homemade Banana Ice Cream w/cocoa, Crackers, water	Breakfast Sugar Free Cereal, Fruit, Milk 30 Lunch Turkey Burgers on WW Bun, Fruit, Veggie, Milk Snack Zucchini Bread with Cinnamon Butter, Milk	31 All Programs Closed - Holiday Break	JAN 1 All Programs Closed - Holiday Break
Breakfast Breakfast Parfait w/English muffins, Fruit, Milk 4 Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk Snack Homemade Banana Bread, Milk	Breakfast Breakfast Burritos, Fruit, Milk 5 Lunch Chicken Quesadillas, Veggies, Fruit, Milk Snack Yogurt, Granola, Water	Breakfast Sugar Free Cereal, Berries, Milk 6 Lunch Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk Snack Fruit & Cheese, Water	Breakfast Whole Wheat Pancakes, Fruit, Milk 7 Lunch Turkey Burger on WW Bun, Veggies, Fruit, Milk Snack Applesauce cranberry crumb cake, milk	Breakfast Fruit Smoothies, Whole Wheat Toast, Milk 8 Lunch Chicken Alfredo w WW noodles, w/Veggies, Fruit, Milk Snack Graham Cracker Bars, Milk
Breakfast Bagels w/cream cheese, fruit, Milk 11 Lunch Sloppy Joes on WW Bun, Veggies, Fruit, Milk Snack Crackers, Bananas, Water	Breakfast Fruit Smoothie, WW Toast, Milk 12 Lunch Baked Chicken, WW Pasta Salad, Squash, Fruit, Milk Snack String Cheese, Apples, Water	Breakfast Sugar Free Cereal, Fruit, Milk 13 Lunch WW Pizza w/Veggies & ground turkey, Fruit, Milk Snack Veggies W/Homemade Ranch Milk	Breakfast SB breakfast biscuit w/sausage, Fruit, Milk 14 Lunch Fresh Baked Chicken Salad Sand on WW bun, Veggies, Milk Snack Homemade Oatmeal Bars, Milk	Breakfast Quiche w/veggies, Roasted Potatoes, Fruit, Milk 15 Lunch All Natural WW Mac & Cheese, Veggies, Fruit, Milk Snack Homemade banana, ice cream, milk
Breakfast Fruit Smoothie, WW Toast, Milk 18 Lunch WW Spaghetti & Meat Balls, Veggies, Fruit, Milk Snack Yogurt with Granola, Water	Breakfast Bagels, Cream Cheese, Fruit, Milk 19 Lunch BBQ chicken Quesadillas, Veggies, Fruit, Milk Snack Homemade Oatmeal Bars, Milk	Breakfast Sugar Free Cereal, Fruit, Milk 20 Lunch Tater tot hot dish w/veggies, Fruit, WW Bread, Milk Snack Chef's Choice, Milk	Breakfast Breakfast Pizza w/breakfast sausage, Fruit, Milk 21 Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk Snack Cream Cheese & Crackers, Milk	Breakfast Apple French Toast Bake, Milk 22 Lunch Chicken Fried rice w/Veggies, Fruit, Milk Snack Homemade Ranch, Crackers, Veggies, Water
Breakfast Whole Wheat Pancakes, Fruit, Milk 25 Lunch Fresh Baked Chicken Salad Sand on WW bun, Veggies, Milk Snack Homemade Cereal Bars, Milk	Breakfast Scrambled Eggs, WW English Muffins, Fruit, Milk 26 Lunch Soft Shell Tacos, Spanish Rice, Fruit, Veggies, Milk Snack Apples, Sun Butter, Water	Breakfast Sugar Free Cereal, Fruit, Milk 27 Lunch Chili, Veggie, Corn Bread Fruit, Milk Snack Homemade Shortcake w/Fruit, Milk	Breakfast Fresh Baked Muffins, Fruit, Milk 28 Lunch WW Pizza w/Cheese & turkey, Veggies, Fruit, Milk Snack Cottage Cheese, Fruit, Water	Breakfast Strawberry Oatmeal bake, Fruit, Milk 29 Lunch WW Turkey & Cheese quesidillas w/veggies, Fruit, Milk Snack Zucchini Bread w/Cinnamon Butter, Milk

