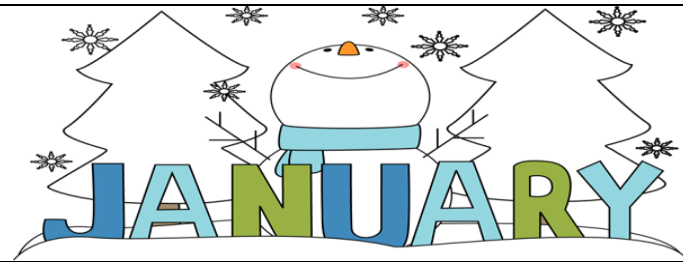
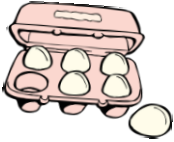

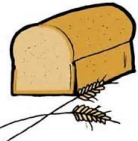






Lamb of God Early Childhood Ministry Monthly Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>January is...</p>  <p>Egg Month</p>  <p>Soup Month</p>  <p>Wheat Bread Month</p>	<p>It is our goal at Lamb of God to provide healthy and varied menu options. Each month at least one new menu item is introduced. New menu items are highlighted in yellow</p> 	<p>Families are encouraged to join us anytime for lunch, especially on our special lunch days highlighted in green</p>  <p>LUNCH BUNCH</p>	 <p>Lamb of God ECM wishes you a Happy New Year!!</p> <p>2017</p>	<p>Family Fit Lifestyle Month</p> <p>It's family fit lifestyle month!</p> <p>Be on lookout for a fun family fitness event this month at Lamb of God...</p> 
2	3	Bean Day 4	5	6
<p>Breakfast 1/3 c whole grain cereal 1/2 c bananas 3/4 c 1% milk</p> <p>Lunch chicken nuggets 1/4 c mashed potatoes 1/4 c awesome applesauce 3/4 cup 1% milk</p> <p>PM Snack graham crackers 3/4 c 1% milk</p>	<p>Breakfast 2 oz yummy yogurt 1/2 c scrumptious strawberries 1/3 c granola 3/4 c 1% milk</p> <p>Lunch spaghetti with meat sauce 1/4 pears 1/4 c corn 3/4 c 1% milk</p> <p>PM Snack garlic breadsticks tomato sauce or ranch 3/4 c 1% milk</p>	<p>Breakfast green eggs and cheese tortilla roll up 1/2 c apple slices 3/4 c 1% milk</p> <p>Lunch barbeque chicken sliders 1/4 c cooked carrots 1/4 c pineapple 3/4 c 1% milk</p> <p>PM Snack 1/2 c black bean hummus warm pita</p>	<p>Breakfast wheat toast with fruit spread orange slices 3/4 c 1% milk</p> <p>Lunch macaroni and cheese 1/4 c green beans 1/4 c peaches 3/4 c 1% milk</p> <p>PM Snack cheddar cheese cubes crunchy pretzels©</p>	<p>Breakfast pancakes awesome applesauce 3/4 c 1% milk</p> <p>Lunch mini bagel pizzas 1/4 c mixed veggies 1/4 c fruit cocktail 3/4 c 1% milk</p> <p>PM Snack (1) 1 oz bag zoo animal crackers 4 oz 100% juice</p>
<p>Children in the Infant Toddler Classroom are served whole milk where 1% milk is noted on the menu.</p>				

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">9</p> <p>Breakfast mini bagel with cream cheese ½ c awesome applesauce ¾ c 1% milk</p> <p>Lunch 1 ½ oz chicken alfredo w/ spaghetti noodles ¼ c sliced carrots ¼ c peaches ¾ c 1% milk</p> <p>PM Snack graham crackers ¾ c 1% milk</p>	<p style="text-align: right;">10</p> <p>Breakfast 1 boiled egg ¼ c scrumptious strawberries ¾ c 1% milk</p> <p>Lunch grilled cheese and tomato soup ¼ c mixed veggies ¼ c pineapple ¾ c 1% milk</p> <p>PM Snack (1) bag pretzels 1 oz string cheese</p>	<p style="text-align: right;">Lunch Bunch 11</p> <p>Breakfast ½ slice whole-grain cheese toast¹ ½ c apple slices ¾ c 1% milk</p> <p>Lunch Bunch chicken drumstick ¼ cup green beans ¼ c fruit cocktail dinner roll ¾ c 1% milk</p> <p>PM Snack corn tortilla chips with veggie salsa ¾ cup 1% milk</p>	<p style="text-align: right;">12</p> <p>Breakfast stuffed biscuits w/ ham and cheese ½ cup orange slices ¾ c 1% milk</p> <p>Lunch 3 pieces breaded fish ¼ c peas ¼ c mandarin oranges ¾ c 1% milk</p> <p>PM Snack Goldfish crackers ¾ c 1% milk</p>	<p style="text-align: right;">13</p> <p>Breakfast 1/3 c whole grain cereal ½ bananas ¾ cup 1% milk</p> <p>Lunch popcorn chicken ¼ c corn ¼ c applesauce ¾ c 1% milk</p> <p>PM Snack 1 bag Teddy Grahams ¾ c 1% milk</p>
<p style="text-align: right;">16</p> <p>Breakfast egg and cheese breakfast pizza on pita ½ c apple slices ¾ c 1% milk</p> <p>Lunch chicken patty on whole wheat bun with cheese lettuce and tomato ¼ c peas ¼ c mandarin oranges ¾ c 1% milk</p> <p>PM Snack graham crackers ½ c awesome applesauce</p>	<p style="text-align: right;">17</p> <p>Breakfast 2 oz yummy yogurt ¼ c scrumptious strawberries 1/3 c granola ¾ c 1% milk</p> <p>Lunch chicken soft tacos ½ oz seasoned chicken cheese, lettuce, tomato, sour cream, salsa ¼ c corn ¼ c peaches ¾ c 1% milk</p> <p>PM Snack 1/2 c banana 1 oz string cheese</p>	<p style="text-align: right;">Have a Cutie Day 18</p> <p>Breakfast 1/3 c whole grain cereal ½ bananas ¾ cup 1% milk</p> <p>Lunch mac-n-cheese ¼ c carrots ¼ c fruit cocktail ¾ c 1% milk</p> <p>PM Snack animal crackers ½ c bananas</p>	<p style="text-align: right;">19</p> <p>Breakfast slice of wheat toast with fruit spread ½ c orange slices ¾ c 1% milk</p> <p>Lunch hot ham and cheese on whole grain bun ¼ cup green beans ¼ c pineapple ¾ c 1% milk</p> <p>PM Snack cheddar cheese cubes pretzels©</p>	<p style="text-align: right;">20</p> <p>Breakfast fluffy pancakes awesome applesauce ¾ c 1% milk</p> <p>Lunch chicken nuggets ¼ c mixed veggies ¼ pears ¾ c 1% milk</p> <p>PM Snack 1 oz trail mix 4 oz 100% Juice</p>

<p style="text-align: right;">23</p> <p>Breakfast magnificent mini muffins ½ c awesome apple slices ¾ c 1 % Milk</p> <p>Lunch 3 pieces breaded fish ¼ c mashed potatoes ¼ c mixed veggies ¾ c 1% milk</p> <p>PM Snack graham crackers ¾ c 1% milk</p>	<p style="text-align: right;">24</p> <p>Breakfast mini bagel with cream cheese ½ c applesauce ¾ c 1% milk</p> <p>Lunch 1 breaded corn dog ¼ c peas ¼ c pears ¾ c 1% milk</p> <p>PM Snack 1 Nutri Grain Bar ¾ c 1% milk</p>	<p style="text-align: right;">25</p> <p>Breakfast ½ slice whole-grain cheese toast¹ ½ banana ¾ c 1% milk</p> <p>Lunch 1 sloppy joe on whole grain bun ¼ cup green beans ¼ c fruit cocktail ¾ c 1 % milk</p> <p>PM Snack corn tortilla chips with veggie salsa ¾ cup 1% milk</p>	<p style="text-align: right;">26</p> <p>Breakfast 1 boiled egg ¼ c scrumptious strawberries ¾ c 1% milk</p> <p>Lunch chicken noodle soup with veggies ¼ c tossed salad ¼ c pineapple ¾ c 1 % milk</p> <p>PM Snack cheddar cheese cubes pretzels©</p>	<p style="text-align: right;">27</p> <p>Breakfast 1/3 c whole grain cereal ½ c orange slices ¾ cup 1% milk</p> <p>Lunch pita cheese pizza ¼ c corn ¼ c mandarin oranges ¾ c 1% milk</p> <p>PM Snack 1 oz trail mix 4 oz 100% Juice</p>
<p style="text-align: right;">Blueberry Pancake Day 30</p> <p>Breakfast blueberry pancakes with syrup ½ bananas ¾ cup 1% milk</p> <p>Lunch chicken and rice ¼ cup green beans ¼ c mandarin oranges ¾ c 1% milk</p> <p>PM Snack 1 Nutri Grain Bar ¾ c 1% milk</p>	<p style="text-align: right;">31</p> <p>Breakfast green eggs and cheese tortilla roll up ½ c apple slices ¾ c 1% milk</p> <p>Lunch chicken nuggets ¼ c peas ¼ c pineapple milk</p> <p>PM Snack graham crackers ¾ c 1% milk</p>			

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Menu Codes: (A) = Vitamin A, served at least twice a week

© = Vitamin C, served each day

1 = Iron, served each day