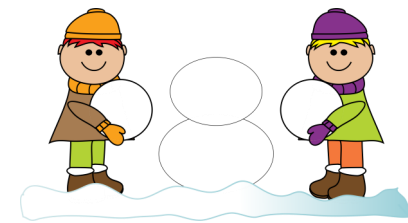




January 2025

Daily Menu

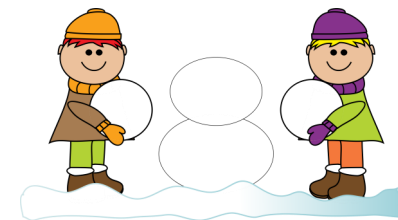


<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		<u>1</u> ALL LVCC CENTERS ARE CLOSED	<u>2</u> Breakfast Apples Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk Lunch Make Your Own Ham & Cheese Sandwiches Carrots ** Peas Whole Wheat Bread Peaches *Unflavored Whole/ Skim Milk Snack Whole Grain Animal Crackers Apples Water	<u>3</u> Breakfast Oranges Whole Grain Bagels *Unflavored Whole/ Skim Milk Lunch Ham, Green Bean & Potato Stew String Cheese Whole Grain Crackers Pears *Unflavored Whole/ Skim Milk Snack Whole Grain Graham Crackers Cheese Slices Water
<u>6</u> Breakfast Bananas Whole Grain Rice Krispies *Unflavored Whole/ Skim Milk Lunch Make Your Own Turkey & Cheese Wraps Carrots/ **Green Beans Whole Grain Tortilla Wraps Applesauce *Unflavored Whole/ Skim Milk Snack Whole Grain Educational Crackers Peaches Water	<u>7</u> Breakfast Whole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk Lunch Ground Beef w/Pasta Cooked Green Beans Whole Wheat Dinner Rolls Bananas *Unflavored Whole/ Skim Milk Snack Whole Grain Cheese It Crackers Cheese Slices Water	<u>8</u> Breakfast Apple Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk Lunch Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice w/Kidney Beans Sliced Apples *Unflavored Whole/ Skim Milk Snack Whole Grain Cinnamon Crisp Bites Cheese Slices Water	<u>9</u> Breakfast 100% Orange Juice 100% Whole Wheat Bread w/Cream Cheese *Unflavored Whole/ Skim Milk Lunch Make Your Own Ham & Cheese Sandwiches Celery ** Corn Whole Wheat Hamburger Buns Peaches *Unflavored Whole/ Skim Milk Snack Sliced Apples Whole Grain Blueberry Lemon Crisp Cracker Water	<u>10</u> Breakfast Applesauce Whole Grain English Muffin *Unflavored Whole/ Skim Milk Lunch Chili w/Ground Beef, Kidney Beans & Rice Cooked Corn Mixed Fruit *Unflavored Whole/ Skim Milk Snack Soy Butter on Whole Grain Ritz Crackers Water



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Daily Menu

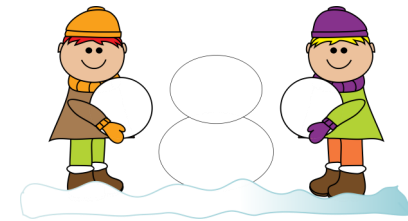


<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>13 Breakfast</p> <p>Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Turkey & Cheese Wraps Red Beets Whole Grain Tortilla Wraps Sliced Apples *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Maple Crackers Apples Water</p>	<p>14 Breakfast</p> <p>100% Orange Juice 100% Whole Grain Pancakes *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Scrambled Eggs with Fiesta Chicken & Cheese Tossed Salad w/Dressing **Carrots Whole Wheat Dinner Rolls Bananas *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Graham Crackers Bananas Water</p>	<p>15 Breakfast</p> <p>Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Chicken Stew w/Mixed Vegetables String Cheese Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Applesauce Whole Grain Goldfish Crackers Water</p>	<p>16 Breakfast</p> <p>100% Orange Juice Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Chicken Salad on Whole Grain Ritz Crackers Celery ** Peas Pears *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Wheat Hard Pretzels Peaches Water</p>	<p>17 Breakfast</p> <p>Diced Pears Whole Grain Bagels *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Sliced Turkey in Gravy Whole Wheat Bread Green Beans Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Educational Crackers Cheese Slices Water</p>
<p>20 Breakfast</p> <p>Whole Grain Life Cereal Oranges *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Soy Pockets **Cheese Sandwiches Large Hard Boiled Eggs Carrots ** Mixed Vegetables Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>String Cheese Peaches Water</p>	<p>21 Breakfast</p> <p>Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Beef Vegetable Stew w/Pasta Cheese Slices Fresh Apples *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Maple Crackers Peaches Water</p>	<p>22 Breakfast</p> <p>Whole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Egg Patties w/Cheese Slices On a Whole Grain English Muffin Diced Potatoes Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Goldfish Crackers Oranges Water</p>	<p>23 Breakfast</p> <p>Whole Grain Rice Krispies Oranges *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Yogurt Tossed Salad w/Dressing **Carrots Whole Grain Crackers Mozzarella Cheese Sticks /Sliced Apples *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cinnamon Crisp Bites Applesauce Water</p>	<p>24 Breakfast</p> <p>Whole Grain English Muffins Bananas *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Diced Ham & Baked Beans 100% Whole Wheat Bread String Cheese Sticks Pears *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cheese It Crackers Cheese Slices Water</p>



January 2025

Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>27 Breakfast</p> <p>Whole Grain Chex Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Turkey & Cheese Wraps Carrots ** Green Beans Whole Grain Tortilla Wraps Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Graham Crackers Applesauce Water</p>	<p>28 Breakfast</p> <p>Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Fajita Chicken w/Rice Cooked Carrots Whole Wheat Dinner Rolls Sliced Apples *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Apples Whole Grain Ritz Crackers Water</p>	<p>29 Breakfast</p> <p>Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Turkey & Cheese Wraps Carrots /** Green Beans Sliced Apples Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Maple Crackers Peaches Water</p>	<p>30 Breakfast</p> <p>Whole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Beef Taco Mean w/Tomatoes Shredded Cheese & Lettuce Whole Grain Tortilla Wrap Bananas Cooked Corn *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Soft Pretzel Sticks Applesauce Water</p>	<p>31 Breakfast</p> <p>Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Chicken w/Diced Tomato & Rice Tossed Salad w/Dressing **Carrots Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Graham Crackers w/Soy Butter Water</p>