

Monthly Menu Plan  
 Month of: January 2025

Sponsor: CHILD CARE RESOURCES INC.  
 (855) 427-2888

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Pineapple, Lowfat Milk - 1% Chicken Fried Rice	A: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1% Baked Ziti
			D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Pineapple, Lowfat Milk - 1% Baked Ziti	D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Onions / Onion Rings, Peaches / Nectarines, Lowfat Milk - 1% Dirty Rice
6	7	8	9	10
L: Cheddar Cheese, Brown Rice, WG (1oz/28g)(WG), Broccoli, Mandarin Oranges, Lowfat Milk - 1% Broc & Cheddar casserole	L: Beef Ground, Whole Grain Chips(WG), Garden Salad, Applesauce, Lowfat Milk - 1% Taco Salad	L: American Cheese (100% cheese), Bagel-100% Whole Wheat(WG), Tomato Soup, Mixed Fruit, Lowfat Milk - 1% Soup & Sandwiches	L: Chicken Breasts, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1% Baked Ziti	L: Chicken Salad, Pita Bread/Naan Bread (1oz/28g), Carrots, fresh, Mixed Fruit, Lowfat Milk - 1% Chicken Salad
D: Chickpeas/Hummus, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Carrots, fresh, Mandarin Oranges, Lowfat Milk - 1% Veggie Wraps	D: Chicken, Breast Meat, Brown Rice, WG (1oz/28g)(WG), Salsa, Applesauce, Lowfat Milk - 1% Mexican Rice	D: Chicken Breasts, Pasta Misc (WG 1oz eq/28gm)(WG), Peas and Carrots, Mixed Fruit, Lowfat Milk - 1% Chicken Stroganoff	D: Beef Ground, Bread Sticks(WG), Mashed Potatoes (100% potatoes), Peaches / Nectarines, Lowfat Milk - 1% Meatloaf	D: Beef Ground, Buns - Whole Wheat WG (1oz/28g)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Shepherds Pie

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<p><b>13</b></p> <p>L: Mozzarella Cheese, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Spinach, Applesauce, Lowfat Milk - 1%</p> <p align="center">Primavera Pasta</p> <p>D: Kidney Beans, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Tomatoes Fresh, Stewed, Applesauce, Lowfat Milk - 1%</p> <p align="center">Rice &amp; Beans</p>	<p><b>14</b></p> <p>L: Beef Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Corn, Mandarin Oranges, Lowfat Milk - 1%</p> <p align="center">Taco Bake</p> <p>D: Chicken Breasts, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Peppers, Green, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p align="center">Chicken Fajitas</p>	<p><b>15</b></p> <p>L: Chicken Breasts, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Lettuce And Tomato, Mixed Fruit, Lowfat Milk - 1%</p> <p align="center">Chicken Ranch Wraps</p> <p>D: Beef Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Baked Beans, Mixed Fruit, Lowfat Milk - 1%</p> <p align="center">Chili</p>	<p><b>16</b></p> <p>L: Turkey Breast, Bread Sticks(WG), Garden Salad, Peaches / Nectarines, Lowfat Milk - 1%</p> <p align="center">Fall Salad</p> <p>D: Chicken Thighs, fresh/frz w/bone, w/skin, Buns - Whole Wheat WG (1oz/28g)(WG), Mashed Potatoes (100% potatoes), Peaches / Nectarines, Lowfat Milk - 1%</p> <p align="center">Baked Chicken</p>	<p><b>17</b></p> <p>L: Chicken Breasts, Biscuit - WGR(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p align="center">Pot Pie</p> <p>D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Tomato Sauce / Paste, Pears, Lowfat Milk - 1%</p> <p align="center">Lasagna</p>
<p><b>20</b></p> <p>L: Cheddar Cheese, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Applesauce</p> <p align="center">Mac &amp; Cheese</p> <p>D: Chickpeas/Hummus, Brown Rice, WG (1oz/28g)(WG), Broccoli, Applesauce, Lowfat Milk - 1%</p> <p align="center">Garden Pilaf</p>	<p><b>21</b></p> <p>L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Salsa, Applesauce, Lowfat Milk - 1%</p> <p align="center">Arroz Con pollo</p> <p>D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Tomato Sauce / Paste, Peaches / Nectarines, Lowfat Milk - 1%</p>	<p><b>22</b></p> <p>L: Beef Ground, Buns - Whole Grain (1oz/28g)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p align="center">Sloppy Joe</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p align="center">Chicken Fried Rice</p>	<p><b>23</b></p> <p>L: Chicken Breasts, Bread Sticks(WG), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p align="center">Garden Salad</p> <p>D: Beef Ground, Brown Rice, WG (1oz/28g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p align="center">Dirty Rice</p>	<p><b>24</b></p> <p>L: Chicken Breasts, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%</p> <p align="center">Tomato Basil pasta</p> <p>D: Beef Ground, Rolls-100% Whole Wheat(WG), Mashed Potatoes (100% potatoes), Mandarin Oranges, Lowfat Milk - 1%</p> <p align="center">Mealtoaf</p>

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<p><b>27</b></p> <p>L: Mozzarella Cheese, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Broccoli, Applesauce, Lowfat Milk - 1%</p> <p align="center">Primavera Pasta</p>	<p><b>28</b></p> <p>L: Chicken Breasts, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Salsa, Mixed Fruit, Lowfat Milk - 1%</p> <p align="center">Taco pasta</p>	<p><b>29</b></p> <p>L: Chicken Salad, Pita Bread/Naan Bread (1oz/28g), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%</p> <p align="center">Chicken Salad</p>	<p><b>30</b></p> <p>L: Beef Ground, Buns - Whole Grain (1oz/28g)(WG), Mixed Vegetables, Mixed Vegetables, Lowfat Milk - 1%</p> <p align="center">Sloppy Joe</p>	<p><b>31</b></p> <p>L: Beef Ground, Brown Rice, WG (1oz eq/28 gm/1/2c) (WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1%</p> <p align="center">Dirty Rice</p>
<p>D: Kidney Beans, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Onions / Onion Rings, Applesauce, Lowfat Milk - 1%</p> <p align="center">Rice &amp; Beans</p>	<p>D: Beef Ground, Whole Grain Chips(WG), Black Beans, Mixed Fruit, Lowfat Milk - 1%</p> <p align="center">Taco Pie</p>	<p>D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c) (WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%</p> <p align="center">Chili Mac</p>	<p>D: BBQ - Chicken, Rolls-100% Whole Wheat(WG), Mashed Potatoes (100% potatoes), Mixed Fruit, Lowfat Milk - 1%</p> <p align="center">Baked Chicken</p>	<p>D: Chicken Breasts, Biscuit - 100% Whole Wheat(WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1%</p> <p align="center">Pot Pie</p>