

JANUARY MEAL MENU
December 31 – January 4



CACFP Meal Requirement		31 / Mon	1 / Tues	2 / Wed	3 / Thurs	4 / Fri	
Ages 1-2	Ages 2+	BREAKFAST					
½ cup whole milk	¾ cup 1% milk			☑	☑	☑	
¼ cup veg / fruit*	½ cup veg / fruit*			Three Berry Blend	Mango	Banana	
½ slice or ¼ cup grain	½ slice or ¼ cup grain			Life Cereal	Pancakes	Corn Muffin	
Ages 1-2	Ages 2+	LUNCH					
½ cup whole milk	¾ cup 1% milk	<p>SCHOOL CLOSED FOR WINTER BREAK</p> <p>HAPPY NEW YEAR 2019!!!</p>			☑	☑	☑
1 oz meat	1.5 oz meat				Turkey & Cheese on Wheat with Steamed Carrots	Mac & Cheese with Broccoli	Southwest Bean Burrito
½ slice or ¼ cup grain	½ slice or ¼ cup grain				Festival Fruit	Tropical Fruit	Mandarin Orange
1/8 cup veg	¼ cup veg				Veggie Slice	Same	Same
1/8 cup fruit	¼ cup fruit						
<p>Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)</p>							
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)					
½ cup whole milk	¾ cup 1% milk				-	-	Cheese Slices
½ oz meat	½ oz meat				-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain				Fig Bar	Aussie Bites	Club Crackers
½ cup veg or fruit	½ cup veg or fruit				Pineapples	Apple Slices	-
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)					
½ cup whole milk	¾ cup 1% milk			Cheese Cube	Frozen Yogurt	-	
½ oz meat	½ oz meat			-	-	-	
½ slice or ¼ cup grain	½ slice or ¼ cup grain			Animal Crackers	Goldfish	Trail Mix	
½ cup veg or fruit	½ cup veg or fruit			-	-	Clementines	

* Pasteurized full-strength juice may only be used to meet the vegetables or fruit requirement at one-meal, including snack, per day

** Serving sizes and food components are in accordance with USDA food guidelines for children ages 1-5. All meals are served with water and another liquid, if indicated. Parents may be required to pack substitutions for children with allergies and/or dietary restrictions.

JANUARY MEAL MENU

January 7 – 11



CACFP Meal Requirement		7 / Mon	8 / Tues	9 / Wed	10 / Thurs	11 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Peaches	Blueberries	Mangp	Pineapple
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Toasted O's	Mini Bagels with Cream Cheese	Eggo Waffles	Roasted Potatoes and Veggie Sausage	Whole Wheat Bread and Cottage Cheese
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
1 oz meat	1.5 oz meat	Sunbutter & Jelly on Whole Wheat, Steamed Carrots	Chicken Pesto Tortellini with Peas & Tomatoes	Minestrone Soup with Breadsticks	Chicken Fried Rice with Mixed Vegetables	Wild Alaskan Pollock Sticks, Mash Potatoes & Peas, Naan
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg					
1/8 cup fruit	¼ cup fruit	Apple Slice	Peaches	Mandarin Oranges	Pineapples	Melon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Veggie Crumbles	Same	Garden Patty	Tofu Slice
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	Cream Cheese	-	-	Cheese Slice
½ oz meat	½ oz meat	-	-	-	-	Turkey Slice
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Grain Bar	Pita	Banana Bread	Graham Crackers	Grain Crackers
½ cup veg or fruit	½ cup veg or fruit	Clementines	-		Pear Slices	
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	String Cheese	Cheese Cubes	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Raisin Bread	Pirate Booty	Aussie Bites	Grain Crackers	BelVita Biscuit
½ cup veg or fruit	½ cup veg or fruit	Bananas	Pineapples	-		

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