

JANUARY MEAL MENU
January 14 – 18 (Updated)



CACFP Meal Requirement		14 / Mon	15 / Tues	16 / Wed	17 / Thurs	18 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Orange Slices	Berries	Apple Slices	Pineapples
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Special K & Cheerios	Lightly Buttered English Muffins	Bagel & Cream Cheese	Scrambled Eggs with Cheese, Raisin Bread <i>**Eggs in rooms with egg allergy</i>	Corn Muffins
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Turkey and Cheese on Wheat Bread, Steamed Carrots	Vegetarian Taco Bake	Cheese Tortellini with Pesto & Peas	Tofu Stir Fry Noodles with Mixed Vegetables	Cheese & Bean Quesadillas with Steamed Broccoli
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 Slices	Festival Fruit	Grapes	Mandarin Oranges	Apple Slices
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Veggie Slices	Same	Same	Same	Same
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	Cheddar Cubes	-	-	-	Tzatziki Dip
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Club Crackers	Apple Cinnamon Muffin & Mango	Nutrigrain	Pirate Booty	Pita Bread
½ cup veg or fruit	½ cup veg or fruit	-		Apple Sauce / Slices	Tropical Fruit	Cucumbers
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	☑	-	String Cheese	-	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Raisin Bread	Fig Bar	Goldfish	Belvita	-
½ cup veg or fruit	½ cup veg or fruit	-	Mandarins	-	Pears	Cereal Mix

* 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 21 – 25



CACFP Meal Requirement		21 / Mon	22 / Tues	23 / Wed	24 / Thurs	25 / 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	Apple Slices	Berries	Mango
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Special K & Cheerios	Mini Bagels with Cream Cheese	Apple Cinnamon Oatmeal	Whole Wheat Bread and Cottage Cheese	Roasted Potatoes and Veggie Sausage
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	Buttered Noodles with Spinach and Meatballs	Minestrone Bean Soup with Cheese Sandwich on Wheat	Teriyaki Chicken with Brown Rice, Green Beans	Tex-Mex Pasta Salad with chicken, beans, corn & tomatoes
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	Mandarin Oranges
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Veggie Patty	Same	Veggie Patty	Veggie Patty
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	Cheddar Cubes	-	-	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	Veggie Straws	Grain Crackers
½ cup veg or fruit	½ cup veg or fruit	Clementines	-		Steamed Carrots	
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	Life Cereal	BelVita Biscuit
½ cup veg or fruit	½ cup veg or fruit	Bananas	Pineapples	-		

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