

January Menu

Pre-Kindergarten

Snowy Veggie

Eating fruits and vegetables is a good way to boost your immune system during the cold, winter months. One vegetable that is in season this month is cauliflower! Don't let the lack of color fool you. There are so many nutrients in this snowy white vegetable! Eating cauliflower with some butter and seasoning is delicious, but not the only way to consume this yummy vegetable!

- ◆ You can mash it like potatoes and eat it with gravy.
- ◆ Try some roasted cauliflower with garlic. It's so good you won't even realize you're eating tons of vitamins and minerals!
- ◆ You can also buy cauliflower rice and eat it with your favorite Chinese food or chili!
- ◆ If you want to add a little fun to your meals this winter, grate it up and use it as "snow" on your favorite, savory meal.



Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>Enjoy Your Day Off!</i>	4 Nachos Lettuce & Tomato Refried Beans Spanish Rice Banana Sundaes	5 Pizza Steamed Broccoli Tossed Salad Fruit Cup	6 Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream	7 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Fruit
10 Soup and Sandwich Baked Chips Lettuce & Pickles Carrot Dippers Fruit Salad	11 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Fruit Cup	12 Spaghetti with Meat Sauce and Garlic Toast Seasoned Green Beans Side Salad Fruit Cup	13 Chicken Bucket Hot Roll Seasoned Vegetables Pineapple Fluff	14 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Fruit
17 <i>Enjoy Your Day Off!</i>	18 Enchiladas Lettuce & Tomato Spanish Rice Refried Beans Berries & Cream	19 Pizza Seasoned Vegetables Fruit Cup	20 Steak Fingers Hot Roll Mashed Potatoes Seasoned Vegetables Rainbow Apple Sauce	21 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Fruit
24 Mini Corn Dogs Macaroni & Cheese Steamed Vegetables Carrot Dippers Fruit Cup	25 Nachos Lettuce & Tomato Spanish Rice Refried Beans Fruit Cup	26 Pizza Seasoned Vegetables Side Salad Fruit Cup	27 Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Corn Colorful Pears	28 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Fruit

Milk will be offered with every meal.

An option of Fresh Fruit or Fruit Cup and a Choice of Juice and Milk are also offered everyday.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Breakfast Pizza	Yogurt Scoobie Doos	Cereal & Toast	Breakfast Wrap	Breakfast Sandwich
Week 2 & 4	Yogurt & Muffin	Pig in a Blanket	Chicken Honey Biscuit	Croissant	Pancake Wrap

This institution is an equal opportunity provider.

Breakfast