

# Early Learning Center

January 2024

## Every Breakfast Includes:

1. Fruit-1 Cup
2. All Whole Grain-1 to 2 Ounces
3. Dairy-8 Ounces

Optional meat/meat alternate may be offered as well.

## Every Lunch Includes:

1. Fruit-1/2 Cup
2. Vegetable-3/4 Cup
3. All Whole Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or


## Every Snack Includes 2 of the following Categories:

Fluid Milk  
100% Juice, Fruit or Vegetable  
Meat or Meat Alternate  
Whole Grains

Save time & money! No Fees for Food Service online Depositing!

Visit [www.washington.k12.mo.us](http://www.washington.k12.mo.us)

Click on Online Payment under Quick Links and follow the prompts.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 NO SCHOOL</b> 	<b>2 NO SCHOOL</b>	<b>3 NO SCHOOL</b> <b>PD DAY FOR STAFF</b>	<b>4 Breakfast: Cereal</b> Beef Soft Taco Baked Beans Pears Milk Cookie Snack: Teddy Grahams/Milk	<b>5 Breakfast: Muffin</b> Bosco Sticks California Vegetables Mixed Fruit Milk Snack: Fruit Cup/Milk
<b>8 Breakfast: Cereal</b> Mini Corn Dogs Mashed Potatoes Glazed Carrots Peaches Milk Snack: Cheese Stick/100% Juice	<b>9 Breakfast: Mini Waffles</b> Popcorn Chicken Mac & Cheese Vegetable Medley Mandarin Oranges Milk Snack: Yogurt/100% Juice	<b>10 Breakfast: French Tst Sticks</b> Toasted Ravioli With Marinara Sauce Spaghetti in Marinara Glazed Carrots Pineapple Edible Cookie Dough Snack: Homemade Cookie/Milk	<b>11 Breakfast: Honey Bun</b> Grilled Cheese Baked Beans Pears Milk Cookie Snack: Cheez-its/100% Juice	<b>12 Breakfast: Muffin</b> Pizza Ranch Tossed Salad w/Cheese Mixed Fruit Milk Snack: Goldfish-wg/100% Juice
<b>15 NO SCHOOL</b> <b>MARTIN LUTHER</b> <b>KING JR DAY</b>	<b>16 Breakfast: Cereal</b> Pancakes & Sausage Patty Baby Carrots Baked Apples Milk Snack: Cheez-its/Milk	<b>17 Breakfast: French Tst Sticks</b> Popcorn Chicken Chicken Brown Rice Broccoli Pineapple Brownie Snack: Baked Cheetos Puffs/Milk	<b>18 Breakfast: Honey Bun</b> Beef Soft Taco Baked Beans Pears Milk Cookie Snack: Teddy Grahams/Milk	<b>19 Breakfast: Muffin</b> Bosco Sticks California Vegetables Mixed Fruit Milk Snack: Fruit Cup/Milk
<b>22 Breakfast: Cereal</b> Mini Corn Dogs Mashed Potatoes Glazed Carrots Peaches Milk Snack: Cheese Stick/100% Juice	<b>23 Breakfast: Mini Waffles</b> Popcorn Chicken Mac & Cheese Vegetable Medley Mandarin Oranges Milk Snack: Yogurt/100% Juice	<b>24 Breakfast: French Tst Sticks</b> Toasted Ravioli With Marinara Sauce Spaghetti in Marinara Glazed Carrots Pineapple Edible Cookie Dough Snack: Homemade Cookie/Milk	<b>25 Breakfast: Honey Bun</b> Grilled Cheese Baked Beans Pears Milk Cookie Snack: Cheez-its/100% Juice	<b>26 Breakfast: Muffin</b> Pizza Ranch Tossed Salad w/Cheese Mixed Fruit Milk Snack: Goldfish-wg/100% Juice
<b>29 Breakfast: Cereal</b> Chicken Fried Chicken Mashed Potatoes Green Beans Peaches Milk Snack: Animal Crackers wg/Milk	<b>30 Breakfast: Cereal</b> Pancakes & Sausage Patty Baby Carrots Baked Apples Milk Snack: Cheez-its/Milk	<b>31 Breakfast: French Tst Sticks</b> Popcorn Chicken Chicken Brown Rice Broccoli Pineapple Brownie Snack: Baked Cheetos Puffs/Milk	<b>1 Breakfast: Honey Bun</b> Beef Soft Taco Baked Beans Pears Milk Cookie Snack: Teddy Grahams/Milk	<b>12 Breakfast: Muffin</b> Bosco Sticks California Vegetables Mixed Fruit Milk Snack: Fruit Cup/Milk