



# THE CHILDREN'S CENTER

## JANUARY 2018

### Menu

**Meals & Snacks:**  
**Breakfast** 9:00  
**Lunch** 12:00  
**Afternoon Snack** 3:30

Milk is served with  
all meals and snacks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 </p>	<p>2 Cheerios Bananas</p> <p>Ham &amp; Cheese Sandwiches Cucumbers Oranges</p> <p>Graham Crackers</p>	<p>3 Oatmeal Apples</p> <p>Pork Loin Scalloped Potatoes, Carrots Fruit Cocktail</p> <p>Yogurt</p>	<p>4 Bagels Cream Cheese, OJ</p> <p>Baked Ziti Broccoli Peaches</p> <p>Oranges</p>	<p>5 Waffles Clementines</p> <p>Pot Roast Mixed Veggies, Brown Rice Pears</p> <p>Pretzels</p>
<p>8 Scrambled Eggs WW Toast, OJ</p> <p>Baked Ham Mashed Potatoes, Green Beans Pineapple</p> <p>Pita w Hummus</p>	<p>9 Pancakes Strawberries</p> <p>Beef Tacos, Tomatoes, Salsa Sour Cream, Lettuce Clementines</p> <p>Goldfish</p>	<p>10 Cream of Wheat Grape Juice</p> <p>Chicken, Broccoli, Penne in Basil &amp; Garlic Sauce Tangerines</p> <p>Saltines w. Cheese</p>	<p>11 English Muffins Cranberry Juice</p> <p>Tomato Soup Grilled Cheese Apples</p> <p>Ice Box Cake</p>	<p>12 Rice Krispies Mixed Berries</p> <p>Cheeseburgers Cauliflower Oranges</p> <p>Bread Pudding</p>
<p>15 French Toast Sticks Cranberry Juice</p> <p>Broccoli Cheddar Quiche Mixed Greens Salad Fruit Cocktail</p> <p>Mini Bagels w Cream Cheese</p>	<p>16 Baked Eggs WW Toast, OJ</p> <p>Mac &amp; Cheese Peas Pears</p> <p>Cucumbers w Ranch Dip</p>	<p>17 Kix Bananas</p> <p>Baked Chicken Hash Brown Casserole, Carrots Peaches</p> <p>Chex Mix</p>	<p>18 Cinnamon Toast CranApple Juice</p> <p>Pulled Pork Baked Beans, Coleslaw Pineapple</p> <p>Granola Bars</p>	<p>19 Baked Oatmeal Craisins &amp; Raisins</p> <p>Chicken Quesadillas Cauliflower Clementines</p> <p>Peaches</p>
<p>22 Life Cereal Blueberries</p> <p>Spaghetti w Meat Sauce Mixed Veggies Apples</p> <p>Pretzels</p>	<p>23 Yogurt Strawberries</p> <p>Chicken Enchiladas Spanish Rice Pineapples</p> <p>Pumpkin Bread</p>	<p>24 Frittatas WW Toast, Grape Juice</p> <p>Meatloaf Roasted Potatoes, Corn Peaches</p> <p>Graham Crackers</p>	<p>25 Banana Muffins</p> <p>Pita Cheese Broccoli Cheddar Soup Clementines</p> <p>Carrots w Hummus</p>	<p>26 Pancakes Oranges</p> <p>Chicken Nuggets Cauliflower, Brown Rice Pears</p> <p>Goldfish</p>
<p>29 Cheerios Bananas</p> <p>Meatball Grinders Green Beans Fruit Cocktail</p> <p>Yogurt</p>	<p>30 Bagels Cream Cheese, Cranberry Juice</p> <p>Barbecue Chicken Cous Cous, Mixed Veggies Applesauce</p> <p>Saltines w Cheese</p>	<p>31 Scrambled Eggs WW Toast, OJ</p> <p>Fettuccini Alfredo Peas Pears</p> <p>Banana Bread</p>	 <p><b>PLOW TO PLATE</b>  <small>A COMMUNITY COALITION SUPPORTING LOCAL FARMS, FOOD &amp; HEALTH          SPONSORED BY NEW MILFORD HOSPITAL</small></p>	<p>We Support New Milford Hospital's <i>Plow to Plate</i>® healthy food initiative which reflects our collective commitment to community health and healthy food choices</p>

**CACFP Portions: (Child and Adult Care Food Program)**

**Fluids:**

Ages 1-2: 1/2 cup whole milk  
 Ages 2-5: 3/4 cup 1% milk  
 Ages 6-12: 1 cup 1% milk

**Grains:**

Ages 1-5: 1/2 slice/serving or 1/4 cup  
 Ages 6-12: 1 slice/serving or 1/2 cup

**Veggies/Fruits:**

Ages 1-2: 1/4 cup  
 Ages 3-5: 1/2 cup (or 1/4 + 1/4)  
 Ages 6-12: 1/2 cup (or 1/4 + 1/4)

**Meat/Meat Alternative**

Ages 1-2: 1 oz. - 4 oz.  
 Ages 3-5: 1.5 oz. - 6 oz.  
 Ages 6-12: 2 oz. - 8 oz.

*All Items are subject to change*