

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|---------|--------------------------|-------------------------------|-------------------------------|---------------------------|-----------------------------------|
| AM | week 1 | Cereal & Milk | Fruit Biscuits | Egg Patty & English Muffin | Chef's Choice | Bananas & Rice Krispies |
| Snack | week 2 | JPLC CLOSED | Breakfast Bar & Milk | French Toast & Cinn.Cr.Cheese | Mini-Bagel & Cheese Slice | Try a Snack |
| | week 3 | Fig Bar & Milk | Applesauce & Grahams | Hard Boiled Egg & Crackers | Pancakes & Sausage | Mini-Muffin & Juice |
| | week 4 | JPLC CLOSED | Cereal & Milk | Cheese Toast | Mini-Bagel & Cr.Cheese | Ham & Cheese Biscuit |
| | week 5 | Yogurt & Animal Crackers | Oatmeal & Milk | Belvita Bites & Cr. Cheese | Waffles & Fruit Salsa | Cinnamon Toast & Peaches |
| | | Chicken & Rice | Cheesy Pasta Bake | Turkey & Cheese Gyros | Salisbury Steak | Chicken Nuggets |
| | Week 1 | Carrots | Mixed Veggies | Spinach | Potatoes & Rice | Mini-Muffin & Kale Salad |
| Lunch | 1/30/23 | Mixed Fruit | Pears | Peaches | Apples | Mandarin Oranges |
| | | Chicken Salad | on a Mini-Wheat Roll | Pizza | Frittata & Crackers | Beans & Rice |
| | week 2 | JPLC CLOSED | Spinach & Pears | Tossed Salad Pineapple | Peas | Oranges |
| | 1/2/23 | | | | Bananas | Cauliflower/Broccoli |
| | | Mac & Cheese | Chicken & Root Veggie | Tacos | Curry Chicken | Chicken & Cheese Quesadilla |
| | week 3 | Broccoli | Stew with Rice | Salsa & Lettuce | Rolls & Salad | Banana |
| | 1/9/23 | Mandarin Oranges | Mixed Fruit | Pineapple | Apples | Peas |
| | | Ham & Cheese Sandwich | Carrots | Meatballs & Rolls | Eggs & Pancake | Teriyaki Chicken Broccoli |
| | week 4 | JPLC CLOSED | Baked Apples | Mashed Potatoes & Gravy | Sweet Potato Fries | & Rice |
| | 1/16/23 | | | Corn on the Cob | Pears | Pineapple |
| | | Fish Sticks & Noodles | Grilled Cheese | Quiche | Chicken Fajitas & Rice | Pasta & Meat Sauce |
| | week 5 | Mixed Veggies | Soup or Salad | Peaches | Black Beans | Melon |
| | 1/23/23 | Chef's Choice Fruit | Tropical Fruit Salad | Sweet Potatoes | Fresh/Seasonal Fruit | Green Beans |
| PM | week 1 | Tuna on Crackers | Trail Mix & Juice | Applesauce & Goldfish | Zucchini Bread | Cheese Quesadillas |
| Snack | week 2 | JPLC CLOSED | Cheese Slices & Crackers | Peaches & Kix | Apples & Van. Yogurt | Animal Crackers & FL.Cream Cheese |
| | week 3 | Fruit Crisp | Oyster Crackers & cheesestick | Cannoli Dip & Grahams | Yogurt & HM Granola | Pasta Salad |
| | week 4 | JPLC CLOSED | Cookies & Milk | Cheeze-its & Fruit | Try a Snack | Cheese Cubes & Crackers |
| | week 5 | Seasonal Fruit & Cereal | Pretzel Bites & Cheese | Chef's Choice | Oranges & Grahams | Bananas & Vanilla Wafers |

Milk is served with ALL lunches (Whole milk for 12months-2 years, 1% for all others)

Water is available with all snacks and throughout the day

All juice is 100% Juice, and children are given 1 serving