

# January 2019

Parks' Place Daycare & Learning Center, LLC



Monday	Tuesday	Wednesday	Thursday	Friday
	 <b>PPLC Closed</b>	<b>1</b> <u>Breakfast</u> Fresh Apple Slices, Whole Grain Cereal, Milk  <u>Lunch</u> Ravioli, Green Beans, Tropical Fruit, Whole Wheat Rolls, Milk  <u>Snack</u> Fresh Banana, Yogurt, 100% Apple Juice	<b>2</b> <u>Breakfast</u> Spinach & Bacon Feta Fritta, Fresh Oranges Hawaii Sweet Rolls, Milk  <u>Lunch</u> Pot Roast, White Rice, Potatoes, Carrots, Fresh Bananas, Milk  <u>Snack</u> Whole Wheat Crackers, Grapes, 100% Fruit Juice	<b>3</b> <u>Breakfast</u> Egg & Cheese Omelett, Cheese Grits, Fresh Grapes Milk  <u>Lunch</u> Cheese and Pepperoni Pizza, Corn, Tossed Salad Diced Peaches, Milk  <u>Snack</u> Parks' Place Trail Mix, 100% Apple Juice
<b>7</b> <u>Breakfast</u> Whole Grain English Muffin with Jelly, Turkey Sausage Fresh Grapes, Milk  <u>Lunch</u> Mini Chicken Sandwiche, Tator Tots, Corn, Diced Peaches, Milk  <u>Snack</u> Goldfish, 100% Grape Juice	<b>8</b> <u>Breakfast</u> French Toast, Bacon, Fresh Bananas, Milk  <u>Lunch</u> Whole Grain Spaghetti w/ Meat Sauce, Tossed Salad Green Beans, Whole Grain Dinner Roll, Diced Pears Milk  <u>Snack</u> Whole Grain Cheez-Its, 100% Apple Juice	<b>9</b> <u>Breakfast</u> Whole Grain Cereal, Fresh Orange Slices Milk  <u>Lunch</u> BBQ Pork Chops, Baked Beans, Coleslaw, Mandarin Oranges, Milk  <u>Snack</u> Yogurt, Fresh Bananas, 100% Grape Juice	<b>10</b> <u>Breakfast</u> Cheese Omelet, Cheese Grits, Fresh Banana, Milk  <u>Lunch</u> Whole Grain Fish Sticks, Hash Browns, Mixed Vegetables, Fresh Pineapple, Milk  <u>Snack</u> Cheese Sticks, Pretzels, 100% Apple Juice	<b>11</b> <u>Breakfast</u> Fresh Apple Slices, Whole Grain Cereal, Milk  <u>Lunch</u> Grilled Cheese Sandwich on Wheat Bread, Chicken Noodle Soup, Fresh Sliced Oranges Milk  <u>Snack</u> Nachos with Salsa 100% Grape Juice
<b>14</b> <u>Breakfast</u> Whole Grain Cereal, Fresh Sliced Peaches Milk  <u>Lunch</u> Meatball Sub on Whole Grain Sub Roll, Succotash Fresh Apple Slices, Milk  <u>Snack</u> Parks' Place Trail Mix, 100% Grape Juice	<b>15</b> <u>Breakfast</u> Whole Grain Oatmeal, Fresh Apple Slices Milk  <u>Lunch</u> Chicken with Dumplings, Mixed Vegetables, Mandarin Oranges, Milk  <u>Snack</u> Yogurt, Whole Grain Pop Tart, Strawberries, 100% Apple Juice	<b>16</b> <u>Breakfast</u> Pancakes, Bacon, Fresh Orange Slices Milk  <u>Lunch</u> Beef Stew with Mixed Vegetables, White Rice Fruit Cocktail, Milk  <u>Snack</u> Whole Grain Cheez-Its, Fresh Grapes, 100% Grape Juice	<b>17</b> <u>Breakfast</u> Breakfast Bar, Fresh Sliced Pears, Milk  <u>Lunch</u> Ham with Macaroni and Cheese, Steamed Broccoli, Fresh Cantalope, Whole Grain Dinner Roll Milk  <u>Snack</u> Graham Crackers, 100% Apple Juice	<b>18</b> <u>Breakfast</u> Whole Grain Cereal, Fresh Bananas Milk  <u>Lunch</u> Cheese Pizza, Tossed Salad, Apple Sauce, Milk  <u>Snack</u> Carrots with Celery and Ranch Dressing, 100% Grape Juice
 <b>Martin Luther King Jr. Day</b> <b>PPLC Closed</b>	<b>21</b> <u>Breakfast</u> NutriGrain Bar, Yogurt, Fresh Grapes Milk  <u>Lunch</u> Baked Rosemary Chicken, Mashed Potatoes, Garden Peas, Diced Pears, Milk  <u>Snack</u> Banana Bread, Orange Slices, 100% Grape Juice	<b>22</b> <u>Breakfast</u> Cheese Grits, Turkey Sausage, Fresh Pineapple Milk  <u>Lunch</u> Beef Lasagna, Green Beans, Tossed Salad Fruit Cocktail, Whole Grain Dinner Roll, Milk  <u>Snack</u> Ritz Crackers, Cheese Chunks, 100% Apple Juice	<b>23</b> <u>Breakfast</u> Waffles, Bacon, Applesauce Milk  <u>Lunch</u> Beef Hot Dogs, Seasoned Fries, Coleslaw, Cinnamon Apple Sauce, Milk  <u>Snack</u> Nacho Chips with Cheese, 100% Grape Juice	<b>24</b> <u>Breakfast</u> Whole Grain Cereal, Fresh Sliced Peaches Milk  <u>Lunch</u> Ravoli, Succotash, Diced Peaches, Milk  <u>Snack</u> Parks' Place Trail Mix, 100% Apple Juice
<b>28</b> <u>Breakfast</u> Whole Grain Cereal, Fresh Sliced Peaches Milk  <u>Lunch</u> Turkey in Spinach Wrap w/ Tomato Slices and Lettuce Broccoli Soup, Fresh Fruit Salad, Milk  <u>Snack</u> Graham Crackers, 100% Apple Juice	<b>29</b> <u>Breakfast</u> Homemade Biscuits, Turkey Sausage, Diced Peaches, Milk  <u>Lunch</u> Beef Chili, Corn, Applesauce, Cornbread Milk  <u>Snack</u> Banana, Whole Grain Pop tart	<b>30</b> <u>Breakfast</u> Cheese and Bacon Omelet, Grits, Fresh Cantaloupe, Milk  <u>Lunch</u> BBQ Chicken, Steamed Cabbage, White Rice Fresh Sliced Apples, Milk  <u>Snack</u> Whole Grain Cheez-Its, Fresh Grapes, 100% Apple Juice	<b>31</b> <u>Breakfast</u> Breakfast Bar, Hash Brown, Diced Pears, Milk  <u>Lunch</u> Baked Ziti with Meat Sauce, Green Beans Sliced Oranges, Whole Grain Roll, Milk  <u>Snack</u> Yogurt, Ritz Crackers, 100% Grape Juice	 <b>FUN FACT:</b> Black-eyed peas are eaten in the southern United States for luck in the New Year.

\*\*Infants and toddlers are offered water 3x per day. Preschool and school age children have access to water all day. Menu is subject to change.\*\*