

WAYNE METRO MACGOWAN

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>8</p> <p>Lunch: Grilled Cheese Sandwich (V) Steamed Green Beans Cnd Mixed Fruit</p> <p>Breakfast: WG Cin. Chex Cereal Apple Sauce Cup & 1% White Milk</p> <p>Snack: Dried Apple Slices w/Colby Jack Cheese Cubes</p>	<p>9</p> <p>Lunch: Little Caesars Cheese Pizza (V) Baked Fries Cnd Pineapple Tidbits</p> <p>Breakfast: WG Blueberry Muffin Loaf Diced Pears & 1% White Milk</p> <p>Snack: WG Blueberry Lemon Crackers w/100% Fruit Juice</p>	<p>10</p> <p>Lunch: Orange Chicken w/Fried Rice Steamed Broccoli Cnd Mandarin Oranges</p> <p>Breakfast: WG Mini Bagel w/Cream Cheese Fresh Banana & 1% White Milk</p> <p>Snack: Fresh Apple Slices w/White Milk</p>	<p>11</p> <p>Lunch: Beef Sloppy Joe on a Bun Fresh Baby Carrots* Cnd Diced Peaches</p> <p>Breakfast: WG Corn Chex Cereal Fresh Apple Slices & 1% White Milk</p> <p>Snack: Sliced Cucumbers* w/Turkey Stick</p>
<p>15</p> <p>No School! Martin Luther King, Jr. Day</p>	<p>16</p> <p>Lunch: Cheese Bosco Sticks (V) w/Marinara Sauce Cucumber Slices* Fresh Apple Slices*</p> <p>Breakfast: WG Banana Muffin Loaf Diced Peaches & 1% White Milk</p> <p>Snack: WG Mickey Mouse Cheese Crackers w/100% Fruit Juice</p>	<p>17</p> <p>Lunch: Macaroni & Cheese (V) Steamed Broccoli Cnd Diced Pears</p> <p>Breakfast: Wild Blueberry Snack'n Waffle Fresh Banana & 1% White Milk</p> <p>Snack: Ocean Spray Craisins w/Mozzarella String Cheese</p>	<p>18</p> <p>Lunch: Chicken Smackers Whipped Potatoes & Biscuit Cnd Mixed Fruit</p> <p>Breakfast: WG Special K Cereal Fresh Apple Slices & 1% White Milk</p> <p>Snack: Fresh Celery Sticks* w/Sunbutter</p>
<p>22</p> <p>Lunch: Chicken Patty on a Bun Refried Beans Cnd Diced Peaches</p> <p>Breakfast: WG Rice Chex Cereal Apple Sauce Cup & 1% White Milk</p> <p>Snack: Fresh Melon w/White Milk</p>	<p>23</p> <p>Lunch: Little Caesars Cheese Pizza (V) Fresh Pepper Slices* Cnd Pineapple Tidbits</p> <p>Breakfast: WG Blueberry Muffin Loaf Pineapple & 1% White Milk</p> <p>Snack: WG Cinn. Goldfish Cracker w/100% Fruit Juice</p>	<p>24</p> <p>Lunch: Rotini w/Meat Sauce Steamed Green Beans Fresh Watermelon</p> <p>Breakfast: WG Mini Bagel w/Cream Cheese Fresh Banana & 1% White Milk</p> <p>Snack: Mixed Dried Fruit w/Colby Jack Cheese Stick</p>	<p>25</p> <p>Lunch: Beef Meatballs w/Garlic Knot Whipped Potatoes Cnd Mixed Fruit</p> <p>Breakfast: WG Kix Cereal Fresh Apple Slices & 1% White Milk</p> <p>Snack: Fresh Baby Carrots* w/Hummus</p>
<p>29</p> <p>Lunch: Cheeseburger on a Bun Corn Fresh Orange Smiles</p> <p>Breakfast: WG Rice Krispie Cereal Apple Sauce Cup & 1% White Milk</p> <p>Snack: Fresh Kiwi w/White Milk</p>	<p>30</p> <p>Lunch: Chicken Tenders w/Dinner Roll Baked Fries Cnd Pineapple Tidbits</p> <p>Breakfast: WG Apple Muffin Mixed Fruit & 1% White Milk</p> <p>Snack: WG Goldfish Pretzels w/100% Fruit Juice</p>	<p>31</p> <p>Lunch: Penne Pasta w/Alfredo Sauce (V) Steamed Broccoli Apple Sauce Cup</p> <p>Breakfast: Pancake w/Strawberries 1% White Milk</p> <p>Snack: Raisins w/Mozzarella String Cheese</p>	<p>February 1</p> <p>Lunch: Grilled Chicken w/Quinoa Cooked Carrots Cnd. Diced Pears</p> <p>Breakfast: WG Cheerios Cereal Fresh Apple Slices & 1% White Milk</p> <p>Snack: Edamame w/Cottage Cheese</p>

"USDA is an equal opportunity provider and employer" **Menu items may change due to availability**

All Student Lunches Include: One Entrée, Grain, Vegetable, Fruit and 1% White Milk.

Cooked vegetables and canned fruit will be substituted for the Early Head Start program. Children ages 1 - 2 receive whole milk.

Note: In the event that school is closed because of inclement weather, or other, the menu for returning day is the lunch that was canceled.