



ACC January Menu 2019

Aqua = Infant "Soft Food" Alternative
Indicated Daily Required Whole Grain Component



Fruits & Vegetables of the Month: Radishes, Kale, Pears & Grapefruit

		1		2		3		4	
		Happy New Year!		Mini Bagel Mandarin Oranges Cream Cheese Pork Patty, WW Dinner Roll , Sweet Potato Puffs, Pineapple Chunks Graham Crackers Pears		Corn Muffin Peaches WW Penne w/ Meat Sauce , Steamed Vegetable, Apple Slices Lavash Bread Hummus		WG Toasted Oat Cereal Banana Chicken Potstickers, Peas & Carrots, Tangerine WG Goldfish Crackers Canned Fruit Salad	
7		8		9		10		11	
WG Spiced Oatmeal Peaches Tortellini Pasta Salad w/ Kale Pesto Pears WW Pita Hummus		Zucchini Bread Muffin Grapefruit Fish Nuggets w/Tartar Packet , Steamed Carrots, Kale & Cranberry Salad, Dressing to Toss, WW Dinner Roll Apple Slices String Cheese Sticks		WG Rice Chex Cereal Banana Lentils of the Southwest, Green Salad w/ Radishes , Dressing to Toss, Orange Wedges, Hawaiian Roll WG Rice Cake Sunflower Butter		Cinnamon Raisin Bread Mandarin Oranges WW Baked Ziti , Steamed Vegetables, Grapes Animal Crackers Canned Fruit Salad		Crepe Baked Spiced Apples Turkey & Swiss WW Sandwich Thin , Cucumber Coins, Fruit Cup, Mayo Packet Chex Mix Fresh Fruit Salad	
14		15		16		17		18	
Krispy Rice Cereal Peaches Chicken Fingers , Roasted Broccoli, Mandarin Oranges, WW Dinner Roll , BBQ Sauce Pretzels Cheese Cubes		Cinnamon Raisin Bagel Cream Cheese Citrus Salad w/ Grapefruit Chickpea Curry, WG Brown Rice , Pineapple Chunks, Steamed Vegetables Graham Crackers Fresh Pear Slices		WG Bran Flakes Orange Wedges Tortellini Soup w/ White Beans & Kale , Apple Slices, Corn Muffin WG Goldfish Crackers Canned Apricots		WG Honey Lemon Loaf Canned Fruit Salad Baked Chicken & Cheese Enchilada , Black Beans, Melon Cubes Whole Wheat Banana , Sunflower Butter Pinwheels		Hard Boiled Egg Hash Brown Patty Ketchup Packet Tuna Salad, WW Pita Pocket , Cucumber Coins, Applesauce Cheesy Crackers Fresh Fruit Salad	
21		22		23		24		25	
NO SCHOOL		Corn Flake Cereal Pear Fruit Cup Turkey Hot Dog, WW Hot Dog Bun , Ketchup Packet, Baked Beans, Mandarin Oranges Graham Crackers Homemade Banana Pudding		Mini Bagel Cream Cheese Peaches WG Chow Mein Noodles w/ Edamame & Carrots, Pineapple Chunks Ritz Crackers Egg Salad		Banana Muffin Mango Cubes Orange Chicken, WG Brown Rice , Melon Cubes, Steamed Vegetables Cheesy Crackers Canned Fruit Salad		WW Pancake w/ Syrup Pears Hawaiian Chicken Wrap , Cucumber Radish Salad Chex Mix Fresh Fruit Salad	
28		29		30		31			
4oz Yogurt Cup Peaches Hamburger on WG Bun , Ketchup Packet, Cut Corn, Mandarin Oranges Pretzels Applesauce		WW Biscuit w/ Jam Pears Bean & Cheese Burrito , Carrot Salad, Grapes WG Wheat Thin Crackers/WG Goldfish Crackers Orange Wedges		WG Frosted Mini Wheats , Banana Stir Fry Kale WG Rice Eggs & Ham Pineapple Chunks Apple Slices Sunflower Butter		Orange Cranberry Muffin Citrus Salad w/ Grapefruit Chicken & Broccoli Casserole w/ WG Brown Rice, Kale & Cranberry Salad, Dressing to Toss Cut Carrots & Radishes/Pita Bread Beet Root Hummus			