

Opal Cliffs Children's Center January 2020 Menu

| | Monday | Tuesday | Wednesday 1 | Thursday 2 | Friday 3 |
|----------|--|--|--|---|---|
| am snack | | | | Oatmeal, crasins, milk | Cereal, milk, fruit |
| lunch | CLOSED | CLOSED | CLOSED | Hummus, veggies, crackers, fruit, milk | Pasta, red sauce, peas, cheese, fruit, milk |
| pm snack | | | | Rice cakes, cream cheese, fruit | Smoothies, animal crackers |
| | Monday 6 | Tuesday 7 | Wednesday 8 | Thursday 9 | Friday 10 |
| am snack | Homemade fruit bread, fruit | Cereal, fruit, milk | Homemade scones, fruit | Homemade granola bars, fruit | Raspberry chia "pudding", animal crackers |
| Lunch | Quinoa enchiladas with roasted vegetables, cheese, fruit, milk | Chicken salad, crackers, cheese, carrots, fruit, milk | Grilled cheese, roasted tomato soup, fruit, milk | Black beans, rice, corn, cheese, fruit, milk | Cheese roll-ups, refried beans, guacamole, veggies, fruit, milk |
| pm snack | Apples, sun butter, animal crackers | Hummus, pretzels, veggies | Veggies, ranch, cheese cubes | Turkey and cheese sandwiches, veggies | Berry yogurt, granola |
| | Monday 13 | Tuesday 14 | Wednesday 15 | Thursday 16 | Friday 17 |
| am snack | Rice cakes, cream cheese, fruit | Pancakes, milk | Yogurt, granola, fruit | Homemade, fruit bread, milk | Smoothies, belvitas |
| lunch | English muffin pizzas, veggies, fruit, milk | Shredded chicken, corn, guacamole, corn tortillas, fruit, milk | Pasta bake with roasted veggies, bread, fruit milk | Miso ramen soup with tofu and veggies, fruit, milk | Sun butter and fruit spread sandwiches, fruit, veggies, milk |
| pm snack | Blueberry muffins, milk | Bagels, cream cheese crasins | Salami, cheese, crackers | Rice cakes, sun butter, fruit | Trail mix, fruit |
| | Monday 20 | Tuesday 21 | Wednesday 22 | Thursday 23 | Friday 24 |
| am snack | | Oatmeal, crasins | Ham and cheese breakfast sandwiches, fruit | Cereal, fruit, milk | Apple sauce, animal crackers |
| lunch | CLOSED | Chicken fried rice with veggies, fruit, milk | Turkey, mashed potatoes, peas, fruit, milk | Potato and corn chowder, cheese cubes, fruit, milk | Bagel thins, cream cheese, cucumbers, fruit, milk |
| pm snack | | Cereal, fruit, milk | Frozen yogurt bites, crackers | Homemade granola bars, fruit | Cheese roll-ups, veggies |
| | Monday 27 | Tuesday 28 | Wednesday 29 | Thursday 30 | Friday 31 |
| am snack | Yogurt, granola, fruit | Zucchini/apple/carrot muffins, raisins, milk | Waffles, fruit, yogurt dip | Smoothies, crackers | Zucchini bread, milk |
| Lunch | Turkey, cheese crackers, veggies, ranch, fruit, milk | Sweet potatoes, black beans, tortillas, veggies, fruit, milk | Hidden veggie mac and cheese, fruit, milk | Tofu, brown rice, edamame, cheese, veggies, fruit, milk | Refried beans, cheese, corn tortillas, veggies, fruit, milk |
| pm snack | Quinoa, cheese, veggies | Veggies, ranch, cheese cubes | Hummus, tortillas, veggies | Banana bread, milk | Cheese, crackers, veggies |
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