

Palcare — January 2020

MON	TUE	WED	THU	FRI
<p>Breakfast Portion Grain/Bread: 1/2 slice, 1/2C, or .5 oz Fruit: 1/2C Milk: 3/4C or 1/2C <2 yr</p> <p>Lunch Portion Meat/Alt 1.5 oz, Grain/Bread 1/2 slice or 1/4C, Veg & Fruit (2 types) 1/2C total, Milk 3/4 cup or 1/2 cup <2 yr</p> <p>PM Snack Portion Veg or Fruit 1/2C, Meat/Alt 1 oz or 1/4C Grain /Bread: 1/2 slice or 1/3C or .5oz</p>	<p>Most Entrees Cooked from Scratch. Organic Produce Served when Possible, Conventional Produce Follows the “Shoppers Guide to Pesticides” Methodology to Reduce Potential Pesticide Exposures up to 92%</p> <p>We Feature Humanely Raised Meats Milk is Hormone & Antibiotic Free Snack Rotation Subject to Change</p>	<p>1</p> <p><u>NO SERVICE</u> <u>NEW YEARS DAY</u></p>	<p>2</p> <p><u>AM Snack</u> Nutri Grain Bar with Seasonal Fruit</p> <p><u>Lunch</u> Lasagna with Meat Sauce with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Fresh Veggie Sticks with Ranch</p>	<p>3</p> <p><u>AM Snack</u> Zucchini Bread & Seasonal Fruit</p> <p><u>Lunch</u> Lemon Herb Chicken Drumsticks with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Egg Salad with Crackers</p>
<p>6</p> <p><u>AM Snack</u> Whole Grain Cereal & Milk with Seasonal Fruit</p> <p><u>Lunch</u> Mac & Cheese with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Wheat Thins & Mozzarella String Cheese</p>	<p>7</p> <p><u>AM Snack</u> Mini Bagels with Cream Cheese & Seasonal Fruit</p> <p><u>Lunch</u> Baked Potato Skins Filled with BBQ Chicken & Cheese with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Breadsticks with Marinara</p>	<p>8</p> <p><u>AM Snack</u> Plain Yogurt with Mixed Berries and Seasonal Fruit</p> <p><u>Lunch</u> Egg & Cheese Breakfast Sandwich with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Fresh Veggie Sticks with Ranch</p>	<p>9</p> <p><u>AM Snack</u> Whole Grain Cereal & Milk with Seasonal Fruit</p> <p><u>Lunch</u> Teriyaki Chicken with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Pita Bread with Hummus Dip</p>	<p>10</p> <p><u>AM Snack</u> Mini Muffin & Seasonal Fruit</p> <p><u>Lunch</u> Veggie Fried Rice with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Baked Veggie Straws with Avocado Dip</p>
<p>13</p> <p><u>AM Snack</u> Whole Grain Cereal & Milk with Seasonal Fruit</p> <p><u>Lunch</u> Tamales with Mild Green Chiles & Cheese with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Cheddar Goldfish Crackers</p>	<p>14</p> <p><u>AM Snack</u> Waffles and Applesauce with Seasonal Fruit</p> <p><u>Lunch</u> Pasta with Meat Sauce with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Graham Crackers</p>	<p>15</p> <p><u>AM Snack</u> Whole Grain Cereal & Milk with Seasonal Fruit</p> <p><u>Lunch</u> Mediterranean Chicken & Couscous with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Shelled Edamame</p>	<p>16</p> <p><u>AM Snack</u> Cottage Cheese & Peaches with Seasonal Fruit</p> <p><u>Lunch</u> Chicken Nuggets with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Fresh Veggie Sticks with Ranch</p>	<p>17</p> <p><u>AM Snack</u> Zucchini Bread & Seasonal Fruit</p> <p><u>Lunch</u> Cheese Pizza with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Egg Salad with Crackers</p>
<p>20</p> <p><u>NO SERVICE</u> <u>MLK JR DAY</u></p>	<p>21</p> <p><u>AM Snack</u> Whole Grain Cereal & Milk with Seasonal Fruit</p> <p><u>Lunch</u> Chicken Soft Tacos with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Breadsticks with Marinara</p>	<p>22</p> <p><u>AM Snack</u> Plain Yogurt with Mixed Berries and Seasonal Fruit</p> <p><u>Lunch</u> Chicken & Veggie Pot Stickers with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Fresh Veggie Sticks with Ranch</p>	<p>23</p> <p><u>AM Snack</u> Mini Bagels with Cream Cheese & Seasonal Fruit</p> <p><u>Lunch</u> Country Fried Steak with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Pita Bread with Hummus Dip</p>	<p>24</p> <p><u>AM Snack</u> Mini Muffin & Seasonal Fruit</p> <p><u>Lunch</u> All American Burger with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Baked Veggie Straws with Avocado Dip</p>
<p>27</p> <p><u>AM Snack</u> Whole Grain Cereal & Milk with Seasonal Fruit</p> <p><u>Lunch</u> Fiesta Rice Bowl with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Cheddar Goldfish Crackers</p>	<p>28</p> <p><u>AM Snack</u> Waffles and Applesauce with Seasonal Fruit</p> <p><u>Lunch</u> Mandarin Orange Chicken with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Graham Crackers</p>	<p>29</p> <p><u>AM Snack</u> Whole Grain Cereal & Milk with Seasonal Fruit</p> <p><u>Lunch</u> Hamburger with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Shelled Edamame</p>	<p>30</p> <p><u>AM Snack</u> Nutri Grain Bar with Seasonal Fruit</p> <p><u>Lunch</u> Garlic Cheese Bread & Meatballs with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Fresh Veggie Sticks with Ranch</p>	<p>31</p> <p><u>AM Snack</u> Zucchini Bread & Seasonal Fruit</p> <p><u>Lunch</u> Vegetable Chow Mein with Seasonal Veggies & Fruit</p> <p><u>PM Snack</u> Egg Salad with Crackers</p>