

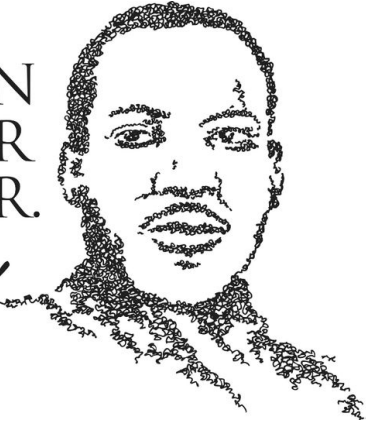
Flance Menu

by Chef Leroy

JANUARY 15 - JANUARY 19, 2024

MONDAY

MARTIN
LUTHER
KING JR.
Day



No School

TUESDAY

Breakfast

Oatmeal
Apples (*)
WG Toast

Lunch

Turkey & Vegetable Soup
WG Grilled Cheese
Mixed Vegetables (*)
Peaches

Snack

Bug Bites

WEDNESDAY

Breakfast

WG Waffles
Turkey Sausage
Pears (*)

Lunch

Beef Tips
WG Brown Rice
WG Bread Stick
Apple Sauce
Carrots (B)

Snack

Pears

THURSDAY

Breakfast

Eggs
WG Bisquits
Apples
Apple Sauce (B)

Lunch

Sloppy Joe on WG Bun
Roasted Potatoes
Corn & Peppers
Melon Slices
Mashed Potatoes

Snack

WG Trail Mix

FRIDAY

Breakfast

WG Rice Chex Cereal
Bananas
Mixed Fruit (B)

Lunch

WG Chicken Patty
WG Cheddar Pasta
Green Beans (*)
Cantaloupe Slices

Snack

Apples Slices

JANUARY 22- JANUARY 26, 2024

MONDAY

Breakfast

Cream of Wheat
Diced Pears (*)

Lunch

Beef Patty
Rosemary Potatoes
Carrots
Pears
Peas

Snack

Peach Cups

TUESDAY

Breakfast

WG Pancakes
Turkey Sausage
Peaches (*)

Lunch

Chicken Noodle Soup
WG Cheese Garlic Bread
Apples
Mixed Vegetables (*)

Snack

WG Muffins

WEDNESDAY

Breakfast

Cheese Omelet
WG Toast
Apple Sauce (*)

Lunch

Meatloaf
Mashed Potatoes (*)
WG Roll
Green Beans
Fruit Cocktail

Snack

Pears

THURSDAY

Breakfast

Beef Hash
WG Raisin Toast
MIXed Fruit (*)

Lunch

Roasted Chicken Breast
Vegetable WG Rice Pilaf
Peaches
Carrots (*)

Snack

WG Graham Crackers

FRIDAY



**Professional
Development
No School**

1.Milk and Water served with all meals and snacks 2. Menu Subject to change according to availability 3. Fresh Produce From Flance Garden will be substituted as available.
4. Veggie option available with all meals 5. (B) = Fresh Baby Food 6. (*) = Fresh Baby Food & Big Kid Food Option 7. Homemade (HM) 8. Fresh (~) 9.Canned (C)

Flance Menu

by Chef Leroy

JANUARY 29 - FEBRUARY 2, 2024

MONDAY

Breakfast

Eggs
WG BIsquits
Diced Pineapples
Apple Sauce (B)

Lunch

Turkey & Swiss on WG Bun
Potato Tots
Green Beans (*)
Baked Apples

Snack

Pear Cups

TUESDAY

Breakfast

WG Toasted Oats
Apples
Creamed Cereal (B)

Lunch

Meatballs & Spaghetti
WG Cheese Garlic Bread
Broccoli (*)
Fruit Cocktail

Snack

WG Bug Bites

WEDNESDAY

Breakfast

WG Waffles
Fresh Fruit Compote
Pears (B)

Lunch

Chicken Breast Sliders on WG Bun
Sweet Potato Fries
Corn & Peppers
Orange Slices
Peas (B)

Snack

Melon Slices

THURSDAY

Breakfast

Oatmeal & WG Toast
Roasted Peaches
Peaches (B)

Lunch

Pot Roast
WG Roll
Scalloped Potatoes
Peaches
MIXed Vegetables (*)

Snack

WG Trail Mix

FRIDAY

Breakfast

Turkey Sausage
WG Raisin Bread
Potatoes
Fruit Cocktail
Oatmeal (B)

Lunch

Cheese Burger on WG Bun
Roasted Potatoes
Cantaloupe Slices
Peas & Carrots (*)

Snack

Orange Slices

FEBRUARY 5 - FEBRUARY 9, 2024

MONDAY

Breakfast

Turkey Sausage
WG Toast
Potatoes
Peaches (*)

Lunch

Vegetable Soup
WG Grilled Cheese
Peas & Carrots
Fruit Cocktail
Carrots (B)

Snack

WG Goldfish Crackers

TUESDAY

Breakfast

WG Toasted Oats
Apple Sauce (*)

Lunch

Beef Patty
WG Brown Rice
Apples
Green Beans (*)

Snack

Peach Cups

WEDNESDAY

Breakfast

Eggs
WG Raisin Toast
Bananas (*)

Lunch

WG Pizza
WG Pasta Salad
Peaches
Mixed Vegetables (*)

Snack

WG Bug Bites

THURSDAY

Breakfast

WG French Toast
Roasted Apples
Pears (B)

Lunch

Chicken & WG Waffles
House Salad
Carrots
Pears
Peas (B)

Snack

Oranges

FRIDAY

Breakfast

WG Rice Chex
Fruit Cocktail (*)

Lunch

Roast Beef & Cheddar on WG Bun
Potato Tots
Broccoli
Peaches
Sweet Potatoes (B)

Snack

WG Graham Crackers

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