

SANDHILLS CHILDREN'S CENTER-ROCKINGHAM CAMPUS JANUARY 2018 MENU

	Breakfast	Lunch	Snack
Monday, January 1, 2018	CLOSED	CLOSED	CLOSED
Tuesday, January 2, 2018	Corn Flakes, Slice Oranges, Milk	Chicken nuggets, green beans, slice oranges,, whole wheat bread, milk	Slice cheese, wheat crackers, water
Wednesday, January 3, 2018	Whole Wheat corn bagels, apple sauce, milk	Fish Patties, field peas, apple sauce, whole wheat bread, milk	Cheez-it crackers, dried cranberries, water
Thursday, January 4, 2018	Oatmeal/brown sugar, slice pears ,milk	Mixed vegetable soup/chicken ,grilled cheese on whole wheat bread ,slice pears, milk	Pimento cheese, saltine crackers, water
Friday, January 5, 2018	Rice chex cereal, mixed fruit, milk	Salisbury steak patty/ gravy, garlic potatoes, mixed fruit, whole wheat bread , milk	Corn Tortilla chips, flavored hummus, water
Monday January 8, 2018	Hash browns, whole wheat bread, slice apples, milk	Cheese Pizza/extra cheese, peas/carrots, slice apples, milk	100% whole grain sun chips, raisins, water
Tuesday January 9, 2018	Whole wheat cinnamon raisin bread grape jam, slice pears, milk	Beef stroganoff/ground turkey, green peas, slice pears ,whole white bread, milk	Strawberry chex mix snack, flavor yogurt, water
Wednesday January 10, 2018	Rice crispy cereal, slice peaches, milk	BBQ grilled chicken patties, black eye peas, slice peaches, cornbread , milk	Whole grain oyster crackers, slice oranges, water
Thursday January 11, 2018	Whole wheat english muffins, grape jam, cantaloupe, milk	Mini hamburgers, roasted gravy, cream potatoes, slice cantaloupe, slice buns, milk	Peanut butter sandwich crackers, tropical mixed fruit, water
Friday January 12, 2018	Grits/cheese, bananas, milk	Chicken /dumplings, green beans bananas, whole wheat bread, milk	Cheese goldfish, slice turkey, water
Monday January 15 2018	CLOSED	CLOSED	CLOSED
Tuesday January, 16, 2018	Turkey sausage ,whole wheat bread, apple sauce, milk	Tater tot casserole, ground turkey, corn, apple sauce, whole wheat bread, milk	Whole wheat, baked veggie sticks, 100% apple juice
Wednesday January 17, 2018	Toasted whole wheat bread, peanut butter, pineapples, milk	Chicken alfredo/ wheat noodles, field peas, diced pineapples, whole wheat bread, milk	Cheez-it crackers, apple sauce, water
Thursday January 18, 2018	Raisin bran cereal, mixed fruit, milk	Chicken Patties, Yams ,mixed fruit whole wheat bread, milk	Peanut butter cups, slice apples, water
Friday January 19, 2018	Whole wheat blueberry waffles, slice oranges, milk	Meatloaf/gravy, lima beans, slice oranges ,whole wheat bread, milk	Baby carrots/ranch dressing, ritz bit cheese crackers, water
Monday January , 22, 2018	Whole grain cheerios, mixed fruit, milk	Taco soup/ground turkey, corn, pinto beans ,mixed fruit, tortilla chips, milk	String cheese, wheat crackers, water
Tuesday,, January 23, 2018	Blueberry muffins, applesauce, milk	Mini corn dogs, lima beans, apple sauce, whole wheat bread, milk	Cheddar chex mixed snack, raisins, water
Wednesday January 24, 2018	Whole wheat cheese toast, slice pears, milk	Beef stew/ mixed vegetables, rice, slice pears, corn bread, milk	Whole grain chow mein, slice cucumbers, water
Thursday January 25, 2018	Whole wheat biscuit/apple butter, slice peaches, milk	Seasoned meatballs, green beans, diced potatoes, sliced peaches, whole wheat bread, milk	Goldfish Pretzel, celery sticks, water
Friday January 26, 2018	Corn flakes, bananas, milk	Pepperoni cheese pizza, green peas, bananas, milk	Mini blueberry muffins, 1% milk
Monday January 29, 2018	Scrambled egg patties, whole wheat bread, slice oranges, milk	Turkey hotdogs, baked beans, slice oranges, whole wheat bread, milk	Slice turkey, ritz crackers, water
Tuesday January 30, 2018	CLOSED	CLOSED	CLOSED
Wednesday January 31, 2018	Rice crispy cereal, diced pineapples, milk	Beef tip/gravy, wheat noodles, peas-corn, diced pineapple, whole wheat bread , milk	Rice chex mix snack, slice apples, water

Water is given throughout the day. Snacks are provided in the afternoon. Menus may vary depending on availability of food and are subject to be changed. Menus are modified to accommodate children with special needs.