

Footsteps@Redwood Creek

January 2022 Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
AM Snack Cereal with Milk Lunch Chicken Super Nuggets PM Snack Saltines, Cheese and Turkey	AM Snack Yogurt & Granola Lunch Mac and Three Cheese PM Snack Saltines, Cheese and Turkey	AM Snack Bagel & Cream Cheese Lunch Cheesy Black Bean Pupas PM Snack Goldfish, String Cheese and Edamame	AM Snack Hard Boiled Eggs with Apples Lunch Spinach and Cheese Ravioli PM Snack Wheat Thins Cucumbers and Ranch	AM Snack Waffles with Blueberries Lunch Penne and Kaley Turkey Meatballs PM Snack Goldfish, String Cheese and Edamame
10	11	12	13	14
AM Snack Oatmeal & Raisins Lunch BBQ Chicken PM Snack Ritz Crackers, Cheese and Turkey	AM Snack Yogurt & Granola Lunch Three Cheese Tortellini PM Snack Graham Crackers and Sunbutter	AM Snack Cereal with Milk Lunch Chicken Super Nuggets PM Snack Saltines, Cheese and Turkey	AM Snack Mini Muffins Lunch Chicken Potstickers PM Snack Ritz Crackers, Cheese and Turkey	AM Snack Hard Boiled Eggs with Apples Lunch BBQ Chicken PM Snack Goldfish, String Cheese and Edamame
17	18	19	20	21
CLOSED FOR MARTIN LUTHER KING JR DAY	AM Snack Waffles with Blueberries Lunch Penne and Kaley Turkey Meatballs PM Snack Goldfish, String Cheese and Edamame	AM Snack Cereal with Milk Lunch Chicken Super Nuggets PM Snack Graham Crackers and Sunbutter	AM Snack Hard Boiled Eggs with Apples Lunch Spinach and Cheese Ravioli PM Snack Saltines, Cheese and Turkey	AM Snack Waffles with Blueberries Lunch Cheesy Black Bean Pupas PM Snack Wheat Thins Cucumbers and Ranch
24	25	26	27	28
AM Snack Mini Muffins Lunch Chicken Super Nuggets PM Snack Celery with Sunbutter and Crackers	AM Snack Oatmeal & Raisins Lunch BBQ Chicken PM Snack Ritz Crackers, Cheese and Turkey	AM Snack Yogurt & Granola Lunch Mac and Three Cheese PM Snack Graham Crackers and Sunbutter	AM Snack Cereal with Milk Lunch Chicken Potstickers PM Snack Saltines, Cheese and Turkey	AM Snack Waffles with Blueberries Lunch Penne and Kaley Turkey Meatballs PM Snack Wheat Thins Cucumbers and Ranch
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AM Snack Bagel & Cream Cheese Lunch Cheesy Black Bean Pupas PM Snack Goldfish, String Cheese and Edamame				

Lunch is provided to our subsidized families through:

Each snack is served with water or milk (Whole milk for ages 1-2 and 2% milk for ages 2+) and an in Season Fresh Fruit or Vegetable

Meal:	Served with:
BBQ Chicken	Cheesy Corn Grits and Peas
Mac and Three Cheese	Invisible Butternut Squash and Carrots
Spinach and Cheese Ravioli	Veggie Marinara Sauce
Three Cheese Tortellini	Kale Pesto
Penne and Kaley Turkey Meatballs	Veggie Marinara Sauce and Broccoli
Chicken Super Nuggets	Sweet Potato Mash and Peas
Chicken Super Nuggets	Sweet Potato Carrot Poppers and Broccoli