



Buds and Blossoms January 2024



* Meal and meal component substitutions made by iCater may occur without notice and will meet or exceed all SLP or CACFP meal pattern requirements.

* Meal and meal component substitutions requested by the customer, may not meet all SLP or CACFP meal pattern requirements.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch –Breaded Chicken Tenders with BBQ Dipping Sauce with Carrots and WW Dinner Roll, butter, Milk / Fruit</p> <p>Snack – Unsweetened Applesauce, saltines</p> <p>2</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch –Tuna Sandwich, WW Bread, Milk / Chilled Pears</p> <p>Snack – Goldfish crackers, yogurt</p> <p>3</p>	<p>Breakfast – Apple Muffin, Milk, Apple</p> <p>Lunch – Cheeseburger, Cheese, WW Bun, Ketchup, Mixed Vegetables Milk / Cantaloupe</p> <p>Snack –Cheez-its, apple</p> <p>4</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch –Mac & Cheese, Popcorn Chicken Green Beans, WW Roll, butter, Milk / Chilled Peaches</p> <p>Snack – Multi-grain Sun Chips, pineapple</p> <p>5</p>
<p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch – Breaded Chicken Sandwich, Mayo, WW Burger Bun, Broccoli, Milk / Honey Dew Melon</p> <p>Snack – Cheddar Cheese Stick, Graham Cracker</p> <p>8</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch –Salisbury Steak with Gravy, Roasted Potatoes, Carrots, WW Dinner Roll, butter, Milk / Orange</p> <p>Snack-Unsweetened Applesauce, saltines</p> <p>9</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch – Turkey Sandwich, WW Bread, Apple</p> <p>Snack -Goldfish crackers, yogurt</p> <p>10</p>	<p>Breakfast – Blueberry Muffin, Milk, Apple</p> <p>Lunch –Chicken Nuggets w/ Sour Dipping Sauce Mixed Vegetables WW Dinner Roll, Milk / Mandarins</p> <p>Snack – Cheez-its, apple</p> <p>11</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch – Cheese Ravioli and meatballs with marinara, Cali-Gold Vegetables, WW Dinner Roll, Butter / Milk / Chilled Pears</p> <p>Snack -Multi-grain Sun Chips, pineapple</p> <p>12</p>
 <p>15</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch – Meat Lasagna, Broccoli, WW Bread Slice w/Butter Milk /Chilled Peaches</p> <p>Snack -Unsweetened Applesauce, saltines</p> <p>16</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch –Deli Chicken Sandwich, WW Bread, Milk / Honey Dew</p> <p>Snack – Goldfish crackers, yogurt</p> <p>17</p>	<p>Breakfast – Apple Muffin, Milk, Apple</p> <p>Lunch –Cheeseburger Cheese, WW Burger Bun, Ketchup Peas & Carrots Milk /Orange</p> <p>Snack –Cheez-its, apple</p> <p>18</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch –Cheese Pasta Roll-up, w/ Meatballs & Tomato Sauce, WW Roll, butter, Mixed vegetables, Milk / Apples</p> <p>Snack –Multi-grain Sun Chips, pineapple</p> <p>19</p>
<p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch –Grilled Chicken w/Cream Sauce, Mashed Potatoes, Green Beans, WW Bread Slice w/Butter Milk / Chilled Mandarins</p> <p>Snack- Cheddar Cheese Stick, Graham Cracker</p> <p>22</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch – Meat Lasagna, Broccoli, WW Dinner Roll w/Butter Milk / Cantaloupe</p> <p>Snack – Unsweetened Applesauce, saltines</p> <p>23</p>	<p>Breakfast –WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch: Turkey &Cheese Sandwich, WW Bread, Milk / Chilled Peaches</p> <p>Snack – Goldfish crackers, yogurt</p> <p>24</p>	<p>Breakfast – Blueberry Muffin, Milk, Apple</p> <p>Lunch –Meatball Subs with Shredded Mozzarella, WW Sub Roll, Carrots Milk / Honeydew</p> <p>Snack – Cheez-its, apple</p> <p>25</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch- Roast Turkey with Gravy, Sweet Potatoes, and Mixed Vegetables & WW Dinner Roll, butter Milk / Orange</p> <p>Snack – Multi-grain Sun Chips, pineapple</p> <p>26</p>
<p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch –Chicken Parm WW Pasta Broccoli, Milk /Apple</p> <p>Snack – Cheddar Cheese Stick, Graham Cracker</p> <p>29</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch –Breaded Chicken Tenders with BBQ Dipping Sauce with Carrots and WW Dinner Roll, butter, Milk / Fruit</p> <p>Snack – Unsweetened Applesauce, saltines</p> <p>30</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch –Tuna Sandwich, WW Bread, Milk / Chilled Pears</p> <p>Snack – Goldfish crackers, yogurt</p> <p>31</p>		