

All 5 Components are Offered Daily

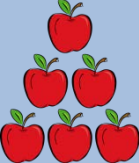



- Milk, Fluid
- Meat/Meat Alternate
- Fruit
- Vegetable
- Grains/Breads

CACFP MENU

January 2020

Avondale
Bancroft
Casa De Oro
Highlands
Kempston

La Mesa Dale
La Presa Elementary
Rancho
Spring Valley Academy
STEAM @ La Presa

MONDAY		TUESDAY	WEDNESDAY	THURSDAY		FRIDAY
6 NO SCHOOL		7 BAKED CHEETOS (1 each) STRING CHEESE (2 each) ROMAINE LETTUCE (1 cup) ORANGE WEDGES (2 wedges) MILK (8 oz)	8 WG CORN DOG (1 EACH) BLACK BEANS (1/2 CUP) PEACHES (1/2 CUP) MILK (8 oz)	9 FRENCH BREAD PIZZA (1 EACH) CHILI LIME JICAMA (1/2 cup) MIXED FRUIT (1/4 cup) MILK (8 oz)		10 MINI PANCAKES (1 each) STRING CHEESE (2 each) CARROTS, CANNED (1/2 cup) FRESH APPLES (1 each) MILK (8 oz)
13 COOL RANCH DORITOS (1 each) STRING CHEESE (2 each) CORN (1/2 cup) FRESH APPLES (1 each) MILK (8 oz)		14 TOSTITOS SCOOPS (1 each) SALSA (1/2 cup) STRING CHEESE (2 each) ORANGE WEDGES (2 wedges) MILK (8 oz)	15 <u>BUILD YOUR OWN SALAD –</u> DICED CHICKEN (2 oz) CROUTONS (1 oz) ROMAINE LETTUCE (1 cup) SHREDDED CHEESE (.5 oz) FRESH APPLES (1 each) MILK (8 oz)	16 MINI CHEESEBURGER (1 each) STRING CHEESE (1 each) PINTO BEANS (1/2 cup) MIXED FRUIT (1/4 cup) MILK (8 oz)		17 CHICKEN TENDERS (3 each) BLACK BEANS (1/2 cup) BLUEBERRIES (1/2 CUP) MILK (8 oz)
20 		21 BAKED CHEETOS (1 each) STRING CHEESE (2 each) ROMAINE LETTUCE (1 cup) ORANGE WEDGES (2 wedges) MILK (8 oz)	22 WG CORN DOG (1 EACH) BLACK BEANS (1/2 CUP) PEACHES (1/2 CUP) MILK (8 oz)	23 FRENCH BREAD PIZZA (1 EACH) CHILI LIME JICAMA (1/2 cup) MIXED FRUIT (1/4 cup) MILK (8 oz)		24 MINI PANCAKES (1 each) STRING CHEESE (2 each) CARROTS, CANNED (1/2 cup) FRESH APPLES (1 each) MILK (8 oz)
27 NACHO CHEESE DORITOS (1 each) STRING CHEESE (2 each) CORN (1/2 cup) FRESH APPLES (1 each) MILK (8 oz)		28 TOSTITOS SCOOPS (1 each) SALSA (1/2 cup) STRING CHEESE (2 each) ORANGE WEDGES (2 wedges) MILK (8 oz)	29 WG CORN DOG (1 EACH) BLACK BEANS (1/2 CUP) PEACHES (1/2 CUP) MILK (8 oz)	30 MINI CHEESEBURGER (1 each) STRING CHEESE (1 each) PINTO BEANS (1/2 cup) MIXED FRUIT (1/4 cup) MILK (8 oz)		31  CHCKEN TENDERS (3 each) BLACK BEANS (1/2 cup) BLUEBERRIES (1/2 cup) MILK (8 oz)

*This institution is an equal opportunity provider.
All grains served are whole grain rich.
Menu items are subject to change.*

NF Chocolate milk and 1% White milk offered daily.