

# Hour Kidz Menu

Week of January 2<sup>nd</sup>-7<sup>th</sup>

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b> 7:30am-8:30am	Cereal w/milk or English Muffin w/butter Fruit Milk	Yogurt Toast w/butter Fruit Milk	Pancakes w/sugar free syrup Sausage Fruit Milk	Cottage Cheese or Yogurt English Muffin Fruit Milk	Cereal w/milk Toast w/butter Fruit Milk	CLOSED
<b>Lunch</b> 12:00 pm	Pork Chops Mixed Veggies Mixed Fruit Milk	Salisbury Steak Carrots Peaches Milk	Meatballs Green beans Pears Milk	Sloppy Joes Peas Tropical Salad	Creamy Chicken and Broccoli Mixed Fruit	CLOSED
<b>1<sup>st</sup> Snack</b> 10:00 am	Snap Pea Crisps Water	Graham Crackers Water	Fig Bars Water	Cheese and Crackers Water	Snack Mix Up	CLOSED
<b>2<sup>nd</sup> Snack</b> 3:00 pm	Fig Bars Fruit Juice	Cucumbers and Ranch Fruit Juice	Cheese Its Fruit Juice	Snap Pea Crisps Fruit Juice	Snack Mix Up	CLOSED
<b>Dinner</b> 6:30 pm	BBQ Chicken Carrots Peaches Milk	Chicken Nuggets Mixed Veggies Mixed Fruit Milk	Hot Dogs Peas Tropical salad Milk	Turkey and Cheese Sandwiches Carrots Milk	Chef's Choice	CLOSED

- Portions will be adjusted per the recommendations of the Mid-Michigan Food Program Meal Pattern Requirements based upon age of child.
- All fruit juice is 100% juice with no added sugar. Water is always offered in addition to juice and milk
- 100% Whole milk must be given to children ages 1-2, Reduced-fat milk may be served to children 2 and older
- Cereal will be Rice Krispies, Cheerios, Corn Flakes, or Kix