

COOKS CULINARY MANAGEMENT

Monthly Menu Calendar

January 1 - January 28

LUNCH	Monday 1/3	Tuesday 1/4	Wednesday 1/5	Thursday 1/6	Friday 1/7
Meat/Meat Alternate	2 oz. Breaded Chicken Patty	2 oz. Turkey BBQ Meatballs (CN)	2 oz. Fish Sticks (CN)	2 oz. Turkey and Cheese	2 oz. Sweet n Sour Popcorn Chicken
Whole Grain/Grain Alternate	Hamburger Bun	1 oz. Grain	1 oz. Grain	1 oz. Sliced Bread	4 oz. Rice
Vegetable or Fruit	4 oz. Applesauce	4 oz. Fruit Cocktail	4 oz. Sliced Peaches	4 oz. Sliced Pears	4 oz. Mandarin Oranges
Vegetable	4 oz. Baked Beans	4 oz. Mashed Potatoes	4 oz. Green Beans	4 oz. Celery	4 oz. 100% Vegetable Juice
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

LUNCH	Monday 1/10	Tuesday 1/11	Wednesday 1/12	Thursday 1/13	Friday 1/14
Meat/Meat Alternate	2 oz. Chicken Nuggets (CN)	2 oz. Smothered Chicken	4 oz. Turkaroni	Chicken (2 oz) Fried Rice	2 oz. Turkey and Cheese
Whole Grain/Grain Alternate	1 oz. Grain	1 oz. Grain	1 oz. Crackers	4 oz. Rice	Sliced Bread
Vegetable or Fruit	4 oz. Mandarin Oranges	4 oz. Mashed Potatoes	4 oz. Peaches	4 oz. Applesauce	4 oz. Pineapple Tidbits
Vegetable	4 oz. Green Beans	8 oz. 100% Vegetable Juice	4 oz. Celery	4 oz. Peas and Carrots	4 oz. Carrots w/ranch
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
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LUNCH	Monday 1/17	Tuesday 1/18	Wednesday 1/19	Thursday 1/20	Friday 1/21
Meat/Meat Alternate	2 oz. Turkey Sausage	2 oz. General Tso's Chicken	2 oz. Turkey Burgers	2 oz. Chicken Strips (CN)	2 oz. Cheddar Cheese
Whole Grain/Grain Alternate	1 oz. WG Waffle	4 oz. Rice	Slider Buns	1 oz. Grain	4 oz. Macaroni Noodles
Vegetable or Fruit	4 oz. Homefries	4 oz. Pineapple Tidbits	4 oz. Mandarin Oranges	4 oz. Tater Tots	4 oz. Sliced Pears
Vegetable	4 oz. Fruit Cocktail	4 oz. Baby Carrots w/ Ranch Dip	4 oz. Mixed Vegetables	8 oz. 100% Vegetable Juice	4 oz. Tossed Salad
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain

LUNCH	Monday 1/24	Tuesday 1/25	Wednesday 1/26	Thursday 1/27	Friday 1/28
Meat/Meat Alternate	2 oz. Breaded Chicken Patty	2 oz. Turkey BBQ Meatballs (CN)	2 oz. Fish Sticks (CN)	2 oz. Turkey and Cheese	2 oz. Sweet n Sour Popcorn Chicken
Whole Grain/Grain Alternate	Hamburger Bun	1 oz. Grain	1 oz. Grain	1 oz. Sliced Bread	4 oz. Rice
Vegetable or Fruit	4 oz. Applesauce	4 oz. Fruit Cocktail	4 oz. Sliced Peaches	4 oz. Sliced Pears	4 oz. Mandarin Oranges
Vegetable	4 oz. Baked Beans	4 oz. Mashed Potatoes	4 oz. Green Beans	4 oz. Celery	4 oz. 100% Vegetable Juice
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



When "Grain" is listed, a CN labeled product has been used to provide the required grain component of the meal. CN labels are kept on file and can be provided to you upon request. To submit a request, please visit www.cooksculinary.com and visit our support page.

COOKS CULINARY
MANAGEMENT

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