


Breakfast and Lunch Menu

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Closed (Holiday)</p>	<p>3 WG Cereal Tropical Fruit</p> <p>Chicken Nuggets Sweet Potato Fries Dinner Roll Apple Slices</p>	<p>4 WG Pancakes Applesauce</p> <p>WG Spaghetti w/meat sauce Side salad Fresh Oranges National Spaghetti Day</p>	<p>5 Cinnamon Raisin Toast w/Jelly Apple Slices</p> <p>Cheese Quesadilla On WG Tortilla Corn Pineapple</p>	<p>6 Yogurt Assorted Berries WG Cheerios</p> <p>Cheese Pizza Cucumber slices Watermelon</p>
<p>9 Plain Bagel Flavored Cream Cheese Mango</p> <p>Chicken Pot Pie Assorted Vegetables WG Biscuit Peaches</p>	<p>10 Fresh Baked WG Muffins Orange slices</p> <p>Grilled Cheese Sandwich Tomato Soup Ham Slices Melon</p>	<p>11 WG Cereal Peaches</p> <p>Soft Beef Tacos Lettuce and tomato Sour cream, Salsa Pineapple</p>	<p>12 Baked French Toast Applesauce</p> <p>Chicken Stir Fry WG Rice Assorted Vegetables Mandarin Oranges</p>	<p>13 Scrambled Eggs WG Toast w/jelly Apple Slices</p> <p>Turkey and Gravy Mashed Potatoes Dinner Roll Green Beans</p>
<p>16</p> <p>Closed (Holiday)</p>	<p>17 WG Cereal Mandarin Oranges</p> <p>WG Pasta Salad Assorted Veggies Cheese Slices or cubes Mango</p>	<p>18 Warm WG Biscuit Jelly Melon</p> <p>Sloppy Joe Sandwiches WG Roll Peas Fruit Salad</p>	<p>19 Waffles Applesauce</p> <p>WG Chicken Patty Sandwich Lettuce and Tomato Grapes</p>	<p>20 Yogurt Assorted Berries</p> <p>Broccoli and Cheese Quiche WG Dinner Roll Sliced Oranges</p>
<p>23 WG Toast w/Jelly Strawberries</p> <p>Turkey, Ham and Swiss Sliders WG Carrot sticks Pears</p>	<p>24 Omelets Mango</p> <p>Indonesian Chicken Assorted Veggies WG Dinner Roll Pineapple</p>	<p>25 WG Cereal Bananas</p> <p>Homemade Mac & Cheese Broccoli Oranges</p>	<p>26 Raisin Bagel Cream cheese Pear Slices</p> <p>Baked Chicken Butternut Squash WG Rice Melon</p>	<p>27 WG Cheerios Banana Quesadillas Mandarin Oranges</p> <p>Burger Sliders Lettuce, Tomato & Pickles Apples</p>
<p>30 Fresh Baked WG Muffins Melon</p> <p>Chicken Salad Croissant Zucchini sticks Fresh Pear Slices National Croissant Day</p>	<p>31 WG Cereal Banana</p> <p>Cheese Ravioli Parmesan Cheese Topping Peas Orange Slices</p>			
<p>CACFP Requirements Breakfast and Lunch</p>	<p style="text-align: center;">AGES 1-2</p> <p>½ cup Milk ¼ cup Veggies, Fruit, or both ½ oz. eq. Grains 1 oz. Meat/M. Alt</p>	<p style="text-align: center;">AGES 3-5</p> <p>¾ cup Milk ½ cup Veggies, Fruit, or both ½ oz. eq. Grains 1 ½ oz. Meat/M. Alt</p>	<p style="text-align: center;">ADULT</p> <p>1 cup Milk 1 cup Veggies, Fruit, or both 2 oz. eq. Grains 2 oz. Meat/M. Alt</p>	<p>Skim milk will be served to children ages 2 and older. Whole milk will be served to children 1 to 2 years old.</p>

CAPSC offers the Child and Adult Care Food Program (CACFP) at our early care and education sites. CACFP is a federal program that provides monetary reimbursement so they can offer healthier meals and snacks to children. Meals are available to all children regardless of race, color, national origin, age, sex, or disability. Community Action Partnership of Strafford County is an equal opportunity provider and employer.

Snack Menu

January 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed Holiday	3 WG Chex Cereal Apple Juice	4 Turkey and cheese squares WG Crackers	5 WG Muffins Fruit cup	6 Animal Crackers Apple Slices
9 Graham Crackers Sunbutter	10 Raisin Bread Squares Applesauce	11 WG Crackers Cheese Stick	12 Teddy Grahams Apple Juice	13 WG Goldfish Crackers Fruit Cup
16 Closed Holiday	17 Yogurt Berries	18 Soft Pretzels Sunbutter	19 WG Muffins Apple Juice	20 Shake em' up Smoothies
23 Rice Cakes Sunbutter	24 Cheese Crackers Orange slices	25 Hard Boiled Egg WG Crackers	26 Cheese Stick Pita Bread Triangles	27 Peaches Cheerios
30 Yogurt WG Cheerios	31 Goldfish Crackers Apple juice			
Must serve two of the following for snack	½ oz Meat/Meat alternative	½ cup Vegetable Or ½ cup fruit	½ ounce grains	½ cup milk Water will be served with all snacks.

CAPSC offers the Child and Adult Care Food Program (CACFP) at our early care and education sites. CACFP is a federal program that provides monetary reimbursement so they can offer healthier meals and snacks to children. Meals are available to all children regardless of race, color, national origin, age, sex, or disability. Community Action Partnership of Strafford County is an equal opportunity provider and employer.