

# What's Cooking in the Kitchen:

**For the Week of: January 30 — February 3, 2012**

## **MONDAY**

**BREAKFAST:** Cheerios, Bananas, Milk  
**AM SNACK:** Juice Break  
**LUNCH:** Hot Dogs, Buns, Ketchup & Mustard, Corn, Clementines, Milk  
**PM SNACK:** String Cheese, Apple Slices, Water (Infants: Same but w/Applesauce instead of apple slices)

## **TUESDAY**

**BREAKFAST:** Oatmeal w/Cinnamon, Mixed Berries, Milk  
**AM SNACK:** Juice Break  
**LUNCH:** Chicken & Cheese Enchiladas, Ranch Beans, Seasonal Fresh Melon, Milk  
**PM SNACK:** Ritz Crackers, Carrots w/Ranch Dressing, Water (Infants: Same but w/Cooked Carrots)

## **WEDNESDAY**

**BREAKFAST:** Vanilla Yogurt, Fruit Cocktail, Kashi Crunch Cereal, Milk  
**AM SNACK:** Juice Break  
**LUNCH:** Scalloped Potato w/Turkey Breast Casserole, Whole Wheat Rolls, Green Beans, Fresh Strawberry Quarters, Milk  
**PM SNACK:** Cheese Quesadilla Wedges, Fresh Pear Slices, Water (Infants: Same but w/Pureed Fresh Pears)

## **THURSDAY**

**BREAKFAST:** Cottage Cheese, Pineapple, Homemade Biscuits, Milk  
**AM SNACK:** Juice Break  
**LUNCH:** Scrambled Eggs w/Cheese, Pancakes, Syrup, Hashbrowns, Applesauce, Milk  
**PM SNACK:** Jell-O, Fresh Whipped Cream, Mandarin Oranges, Milk

## **FRIDAY**

**BREAKFAST:** Bagel Halves, Cream Cheese, Strawberry Preserves, Milk  
**AM SNACK:** Juice Break  
**LUNCH:** Grilled Ham & Cheese Sandwiches, Cucumber Spears w/Ranch Dressing, Fruit Salad, Milk  
**PM SNACK:** Southern Sweet Potato Bread, Honey Butter, Milk