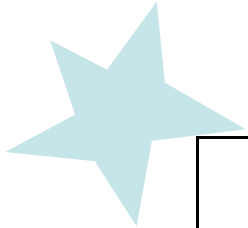







# COON RAPIDS JANUARY 2023



|   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|--|
|   | <p style="text-align: center;"><b>2</b></p> <p><b>HAPPY NEW YEAR!</b></p> <p style="text-align: center;"><b>CENTER CLOSED - NEW YEAR'S HOLIDAY</b></p> | <p style="text-align: center;"><b>TUITION DUE 3</b></p> <p>WEE SHELLS WITH TURKEY, MIXED VEGGIES, PEARS</p>    | <p style="text-align: center;"><b>4</b></p> <p>CHICKEN PARMESAN, WG BUN, CARROTS, FRESH ORANGE, MANDARINS</p>                            | <p style="text-align: center;"><b>5</b></p> <p>SW PINTO BEANS, CORN BREAD, GREEN BEANS, FRESH APPLE, SOFT APPLE SLICES</p>         | <p style="text-align: center;"><b>FAVORITE SPORT TEAM 6</b></p> <p>TURKEY TACO, WG TORTILLA, ROMAINE AND ICEBERG, DRESSING PEAS, BANANA</p>                    |
|    | <p style="text-align: center;"><b>9</b></p> <p>CHICKEN PESTO PASTA, GREEN BEANS, PEACHES</p>   | <p style="text-align: center;"><b>10</b></p> <p>LENTILS OF THE SOUTHWEST, DINNER ROLL, PEARS</p>               | <p style="text-align: center;"><b>11</b></p> <p>CHARBROILED BEEF PATTY W/ KETCHUP ON BUN (WG), MIXED VEGGIES, PINEAPPLE, APPLE SAUCE</p> | <p style="text-align: center;"><b>SLED PARADE 12</b></p> <p>CHICKEN NUGGETS, CARROTS, FRESH ORANGES, MANDARINS</p>                 | <p style="text-align: center;"><b>13</b></p> <p>CHILITO, WG TORTILLA, BANANA</p>   |
|    | <p style="text-align: center;"><b>TUITION DUE 16</b></p> <p>TURKEY AND GRAVY, BUTTERMILK BISCUIT, PEAS, PEACHES</p>                                    | <p style="text-align: center;"><b>WACKY DAY 17</b></p> <p>BEEF STIR FRY WITH VEGGIES, 5 GRAIN BLEND, PEARS</p> | <p style="text-align: center;"><b>18</b></p> <p>CHICKEN TERIYAKI, BROWN RICE, CARROTS, FRESH ORANGES, MANDARINS</p>                      | <p style="text-align: center;"><b>19</b></p> <p>ITALIAN SPAGHETTI W/TURKEY SAUCE, GREEN BEANS, FRESH APPLES, SOFT APPLE SLICED</p> | <p style="text-align: center;"><b>20</b></p> <p>SOUTHWEST CHICKEN, WG TORTILLA, ROMAINE AND ICEBERG, DRESSING, PEAS, BANANA</p>                                |
|    | <p style="text-align: center;"><b>23</b></p> <p>CHEESY ROTINI WG, GREEN BEANS, PEACHES</p>   | <p style="text-align: center;"><b>24</b></p> <p>ITALIAN CABBAGE CRUNCH, WG BUN, PEARS</p>                      | <p style="text-align: center;"><b>HAT DAY 25</b></p> <p>CHICKEN ALA KING, BUTTERMILK BISCUIT, FRESH ORANGES, MANDARINS</p>               | <p style="text-align: center;"><b>26</b></p> <p>SCRAMBLED EGGS WITH BROCCOLI, WG BREAD STICKS, FRESH APPLE, APPLESAUCE</p>         | <p style="text-align: center;"><b>27</b></p> <p>CHICKEN FAJITA, WG TORTILLA, ROMAINE AND ICEBERG LETTUCE, DRESSING, GREEN BEANS, BANANA</p>                    |
|    | <p style="text-align: center;"><b>30</b></p> <p>TURKEY WILD RICE HOTDISH, CARROTS, PEACHES</p>   | <p style="text-align: center;"><b>FAVORITE COLOR 31</b></p> <p>CHICKEN SPAGHETTI, MIXED VEGGIES, PEARS</p>     |  |  |  <p>The Preschool Pantry<br/>Cooking Services for Child Care Programs</p> |
| <p>MILK SERVED WITH EACH MEAL (Whole Milk for children under age 2; 1% for all other children)</p> <p>RED FONT = TODDLER ALT<br/>(WG) = WHOLE GRAIN<br/>* = CONTAINS PORK</p> |  |  |  |  |  |