



# ELC Meal Calendar

## January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
4 Breakfast	5 Chex Peaches	6 Waffles Apple Slices	7 Sausage Patty Toast Orange Wedge	8 Breakfast Pizza Grapes	9 Trix Blueberries	10	
Lunch	Hamburger/Bun Potato Wedges Apple Slices	Nachos Taco Meat Cheese Sauce Mexi Beans Orange Wedges	Chicken Strip Bread Stick Baby Carrots Kiwi	Chicken Alfredo Broccoli Peaches	Pizza Crushers Celery Strawberries	17	
Snack	Apple Slices & Cheddar Cheese Cubes	Yogurt & Animal Crackers	Sunbutter Sandwich Milk	Cucumber & Turkey	Oatmeal Bar & Peaches		
11 Breakfast	12 Cinnamon Toast Crunch Strawberries	13 Breakfast Bites  Pears	14 Breakfast Wrap  Kiwi	15 Breakfast Pizza  Mixed Fruit	16 Cherries  Mix Fruit		
Lunch	Chicken Sandwich Corn Pears	Walking Taco Refried Beans Kiwi	Popcorn Chicken French Toast Cucumbers Mixed Fruit	Salisbury Steak Dinner Roll Mashed Potatoes Mandarin Orange	Cheese Pizza Spring Mix Blueberries		
Snack	Ham & Cheez It	Banana & Chex	Cracker Graham & Yogurt	Apple & Sunbutter	Pretzel & Sauce	24	
18 Breakfast	19   No School	20 Pancakes Apple Sauce	21 Sausage & Egg Bar Mixed Fruit	22 Breakfast Pizza Bananas	23 Trix Mandarin Oranges		
Lunch		Quesadilla Baby Carrots Mixed Fruit	Fish Sticks Biscuit Green Beans Bananas	Turkey and Noodles Mixed Vegetables	French Bread Pizza Romaine lettuce Blueberries		
Snack		Apple Sauce & Cheez It	Peppers & Hummus	Cheese Stick & Cracker	Yogurt & Blueberries		
25 Breakfast	26 Cinnamon Toast Crunch Assorted Fruits	27 French Toast  Pears	28 Egg Patty  Toast Apples	29 Breakfast Pizza  Kiwi	30 Cherries  Kiwi	31	
Lunch	Hamburger & Bun Corn Pears	Soft Shell Tacos Mexi Beans Apples	Mini Corndog Cooked Carrots Kiwi	Orange Chicken Rice Mixed Vegetables Peaches	Pepperoni Pizza Spring Mix Grapes		
Snack	Apple Slices & Cheddar Cheese Cubes	Yogurt & Animal Crackers	Sunbutter Sandwich Milk	Cucumber & Turkey	Oatmeal Bar & Peaches		
Breakfast: Entrée, Fruit, and Milk		Menu is subject to change				Ryan Geerts Food Service Manager 319-396-7792 ext. 316 ryan.geerts@crxcs.org	
Lunch: Entrée, Fruit, Vegetable and Milk		All Grains are whole wheat or whole grain.					
Snack: 2 of the following Milk, Protein, Vegetable, Fruit, and Grain		"This institution is an equal opportunity provider" Substitutes will be available for dietary restrictions.					