

# The Children's Workshop

## JANUARY MENU

2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>New Year's Day Observance</b></p> <p><b>CLOSED</b></p> 	<p>3 <b>HAPPY NEW YEAR</b></p> <p><b>Chicken-in-Bowl Casserole</b></p> <p>Diced white meat chicken Chicken gravy Corn Mashed Potatoes</p> <p>Whole Wheat Bread</p>	<p>4 <b>HAPPY NEW YEAR</b></p> <p><b>Burger Day</b></p> <p>4-oz. beef patty Am. Ch. (optional)</p> <p>Diced Tomato &amp; Green Beans</p> <p>Hamburger Roll</p>	<p>5 <b>HAPPY NEW YEAR</b></p> <p><b>Sloppy Joe Sandwich</b></p> <p>Ground turkey, onions, peppers, celery, tom. sauce, tom. paste, brown sugar, seasonings Peas &amp; Mushrooms</p> <p>Wheat Hamburger Roll</p>	<p>6 <b>HAPPY NEW YEAR</b></p> <p><b>Fish Patty Sandwich</b></p> <p>Breaded Pollack Fish</p> <p>Glazed Carrots</p> <p>Hamburger Roll</p>
<p>9</p> <p><b>Beef Lentil/Barley Veggie Soup</b></p> <p>Ground beef, lentils/barley mixed veggies, spinach, beef broth, seasonings White Bread Ch. Sand.</p>	<p>10</p> <p><b>Chicken Patty Parmesan</b></p> <p>Breaded Tyson chicken patty Tom. sauce, mozz. ch. • Green Beans</p> <p>Hamburger Roll</p>	<p>11</p> <p><b>American Chop Suey</b></p> <p>Lean Ground Beef Pasta, Tom. Sauce, Diced tomatoes</p> <p>Corn</p> <p>Oatmeal Bread</p>	<p>12</p> <p><b>Chicken &amp; Peas Alfredo over/mashed</b></p> <p>Boneless white chicken Peas Creamy cheesy Alfredo</p> <p>Mashed Potatoes Whole Wheat</p>	<p>13</p> <p><b>Breakfast for Lunch</b></p>  <p>Pancake I/T &amp; PS - 1 SA - 2 Pork Sausage Patty 1 each Homefries Peaches --in natural juice</p>
<p>16</p> <p><b>Dr. Martin Luther King, Jr. Observance</b></p>  <p><b>Closed</b></p>	<p>17</p> <p><b>Meatball Sub w/peppers</b></p> <p>Ground beef, tom. sauce, Diced peppers</p> <p>Hot Mixed Veggies Torpedo Roll</p>	<p>18</p> <p><b>Chicken Cacciatore Over bread</b></p> <p>Boneless white chicken pepper &amp;, onion strips zucchini, carrots Tom. sauce and diced.</p> <p>Wheat Bread</p>	<p>19</p> <p><b>Shepard's Pie</b></p> <p>Seasoned ground beef, Whole kernel and creamy corn Mashed potatoes</p> <p>Multi Grain Bread</p>	<p>20</p> <p><b>Pizza Day</b></p> <p>Extra cheese pizza square</p> <ul style="list-style-type: none"> <li>Potato Chips</li> <li>Green Beans</li> </ul>
<p>23</p> <p><b>Italian Wedding Soup</b></p> <p>Diced white and dark meat chicken Soup pasta, mini meatballs, Escarole, carrots, diced celery, peas, tomato</p> <p>Cheese Dinner Roll Sandwich</p>	<p>24</p> <p><b>Meatballs &amp; Spaghetti</b></p> <p>Ground beef, tom. sauce, minced carrots, spinach Tom. sauce</p>  <p>Spaghetti Pasta Italian Bread</p>	<p>25</p> <p><b>Chicken Patty Sandwich</b></p> <p>Tyson breaded chicken patty</p> <p>Cheesy Broccoli</p> <p>Hamburger Roll</p>	<p>26</p> <p><b>Meatloaf In gravy</b></p> <p>Ground beef, eggs, onion, peppers, carrots bread crumbs, seasoning</p> <p>Mashed Potatoes White Bread</p>	<p>27</p> <p><b>Tri-Colored Tortellini</b></p> <p>Cheese filled tortellini, diced tom. and sauce, seasoning</p> <p>Side Of: Green Beans and Chick Peas</p> <p>Wheat Bread</p>
<p>30</p> <p><b>Chicken Noodle Vegetable Soup</b></p> <p>White meat chicken, carrots and peas, celery, onion, chicken broth Elbow Macaroni</p> <p>Cheese Dinner Roll Sand.</p>	<p>31</p> <p><b>Meatball Sub</b></p> <p>Ground beef, Seasoned Tom. Sauce</p> <p>Hot Mixed Veggies</p> <p>Torpedo Roll</p>		<p><b>Dr. Martin Luther King, Jr.</b> Born: 1-15-1929 Died: 4-4-1968 <b>Nobel Peace Prize 1964</b> At the age of 35, MLK was the youngest man to have received the NP Prize. When notified of his selection, he announced that he would turn over the prize money of \$54,123.00 to the furtherance of the civil rights movement.</p>	

Child's Name: \_\_\_\_\_

Programs: \_\_\_I/T \_\_\_PS \_\_\_SA

All portions are based on age levels governed by the RI and MA Food Programs  
All meals are served with fresh fruit and milk