

# January 2023 Kids Café Shelf Stable Menu

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

						1 Hummus Cup Meal Hummus Cup Sunflower Kernels ●WG Crackers Craisins 100% Veggie Juice Blend
2 Hummus Cup Meal Hummus Cup Sunflower Kernels ●WG Crackers Craisins 100% Veggie Juice Blend	3 Chicken Salad Meal ●Chicken Salad Cup Sunflower Kernels ●WG Cheez-Its Amazin Raisins 100% Veggie Juice Blend	4 Cheese Stick Meal ●Cheddar Cheese Stick Sunflower Kernels WG Cheeze-It Amazin Raisins 100% Veggie Juice Blend	5 Hummus Cup Meal Hummus Cup Sunflower Kernels ●WG Crackers Craisins 100% Veggie Juice Blend	6 Bean Dip Meal Bean Dip Cup Sunflower Kernels Mandarin Orange Cup WG Corn Chips 100% Veggie Juice Blend	7 Hummus Cup Meal Hummus Cup Sunflower Kernels ●WG Crackers Craisins 100% Veggie Juice Blend	8 Cheese Stick Meal ●Cheddar Cheese Stick Sunflower Kernels WG Cheeze-It Amazin Raisins 100% Veggie Juice Blend
9 Hummus Cup Meal Hummus Cup Sunflower Kernels ●WG Crackers Craisins 100% Veggie Juice Blend end	10 Chicken Salad Meal ●Chicken Salad Cup Sunflower Kernels ●WG Cheez-Its Amazin Raisins 100% Veggie Juice Blend	11 Bean Dip Meal Bean Dip Cup Sunflower Kernels Mandarin Orange Cup WG Corn Chips 100% Veggie Juice Blend	12 Cheese Stick Meal ●Cheddar Cheese Stick Sunflower Kernels WG Cheeze-It Amazin Raisins 100% Veggie Juice Blend	13 Chicken Salad Meal ●Chicken Salad Cup Sunflower Kernels ●WG Cheez-Its Amazin Raisins 100% Veggie Juice Blend	14 Bean Dip Meal Bean Dip Cup Sunflower Kernels Mandarin Orange Cup WG Corn Chips 100% Veggie Juice Blend	15 Cheese Stick Meal ●Cheddar Cheese Stick Sunflower Kernels WG Cheeze-It Amazin Raisins 100% Veggie Juice Blend
16 Chicken Salad Meal ●Chicken Salad Cup Sunflower Kernels ●WG Cheez-Its Amazin Raisins 100% Veggie Juice Blend	17 Bean Dip Meal Bean Dip Cup Sunflower Kernels Mandarin Orange Cup WG Corn Chips 100% Veggie Juice Blend	18 Cheese Stick Meal ●Cheddar Cheese Stick Sunflower Kernels WG Cheeze-It Amazin Raisins 100% Veggie Juice Blend	19 Chicken Salad Meal ●Chicken Salad Cup Sunflower Kernels ●WG Cheez-Its Amazin Raisins 100% Veggie Juice Blend	20 Cheese Stick Meal ●Cheddar Cheese Stick Sunflower Kernels WG Cheeze-It Amazin Raisins 100% Veggie Juice Blend	21 Bean Dip Meal Bean Dip Cup Sunflower Kernels Mandarin Orange Cup WG Corn Chips 100% Veggie Juice Blend	22 Chicken Salad Meal ●Chicken Salad Cup Sunflower Kernels ●WG Cheez-Its Amazin Raisins 100% Veggie Juice Blend
23 Cheese Stick Meal ●Cheddar Cheese Stick Sunflower Kernels WG Cheeze-It Amazin Raisins 100% Veggie Juice Blend	24 Chicken Salad Meal ●Chicken Salad Cup Sunflower Kernels ●WG Cheez-Its Amazin Raisins 100% Veggie Juice Blend	25 Bean Dip Meal Bean Dip Cup Sunflower Kernels Mandarin Orange Cup WG Corn Chips 100% Veggie Juice Blend	26 Chicken Salad Meal ●Chicken Salad Cup Sunflower Kernels ●WG Cheez-Its Amazin Raisins 100% Veggie Juice Blend	27 Bean Dip Meal Bean Dip Cup Sunflower Kernels Mandarin Orange Cup WG Corn Chips 100% Veggie Juice Blend	28 Cheese Stick Meal ●Cheddar Cheese Stick Sunflower Kernels WG Cheeze-It Amazin Raisins 100% Veggie Juice Blend	29 Bean Dip Meal Bean Dip Cup Sunflower Kernels Mandarin Orange Cup WG Corn Chips 100% Veggie Juice Blend
30 Chicken Salad Meal ●Chicken Salad Cup Sunflower Kernels ●WG Cheez-Its Amazin Raisins 100% Veggie Juice Blend	31 Cheese Stick Meal ●Cheddar Cheese Stick Sunflower Kernels WG Cheeze-It Amazin Raisins 100% Veggie Juice Blend					



**Key**  
Allergens:  
● Contains Soy  
● Contains Egg  
● Contains Milk  
● Contains Wheat/Gluten

Whole Grain = WG

If a student has a food allergy please contact your Three Square Coordinator for a medical form.

\*\*Menu is pork free\*\*

1% Shelf Stable Chocolate Milk Served with all meals

