



Valley Early Learning Center (VELC)

	1/3/2022	1/4/2022	1/5/2022	1/6/2022	1/7/2022
WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WGR Oatmeal Muffins Orange Slices Milk*	WGR Biscuits & Navy Bean & Meat Gravy Apple Slices Milk*	WGR Multi-Grain Oat Cereal Bananas Milk*	WGR Oatmeal Swirlers Orange Slices Milk*	WGR Breakfast Egg Burrito Apple Slices Milk*
Lunch	Chicken Stir Fry w/Stir Fry Veggies WGR Brown Rice Green Beans Milk*	Rainbow Bake WGR Macaroni w/Kidney Beans, Mixed Veggies, & Cheese Cauliflower Milk*	Peanut & Jelly WGR Sandwich Carrots Orange Slices Cheese Stick Milk*	Taco Soup w/Ground Beef, Beans & Corn Mixed Veggies Tortillas Chips Milk*	Tuna WGR Muffin Melt Green Beans Orange Slices Milk*
Snack	Yogurt Diced Apple Water	Pretzels Pears Water	Bean Dip Tortilla Chips Water	WGR Goldfish Crackers Mixed fruit Water	Peanut Butter Dip Apples Water
<i>*1 year old children are served whole milk, and children over age 2 are served fat free milk.</i>					

	1/10/2022	1/11/2022	1/12/2022	1/13/2022	1/14/2022
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WGR Oatmeal Muffins Apple Slices Milk*	Pancakes Applesauce Milk*	WGR Bran Cereal Oranges Milk*	WGR Bagels w/Cream Cheese Bananas Milk*	WGR Oatmeal Apple Slices Milk*
Lunch	Chicken, Broccoli, & WGR Rice Casserole Corn Milk*	WGR Spaghetti Cheese bake w/Meat Sauce Mixed Veggies Corn Cheese Stick Milk*	Ham & Cheese WGR Sandwich Green Beans Carrots w/Ranch Cheese Stick Milk*	HM WGR Mac and Cheese w/Cauliflower Peas & Carrots Milk*	WGR English Muffin Pizza Carrots w/Ranch Broccoli Milk*
Snack	Cottage Cheese Peaches Water	Pretzels Pineapples Water	Rice Cakes Cuties Water	Baked Snack Crackers Mixed fruit Water	HM Hummus Tortilla Chips Water
<i>*1 year old children are served whole milk, and children over age 2 are served fat free milk.</i>					

"VELC is an equal opportunity provider"