

**"ANCHOR
YOUR KIDS
WITH US"**



LITTLE PEOPLE'S LANDING

LEARNING CENTERS

No child will be denied admittance to LPL because of race, religion or national origin

January 2011

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 am-fresh fruit</p> <p>Turkey meatloaf, mashed potatoes, apple fruit salad, sliced bread, milk</p> <p>Pm-carrots/dip & whole wheat crackers</p>	<p>4 am-cinnamon toast</p> <p>French toast, turkey bacon, mixed fruit, tator tots, milk</p> <p>Pm-no bake granola & yogurt</p>	<p>5am-raisins</p> <p>Taco salad, Spanish rice, strawberry salad, milk,</p> <p>Pm-cheese & crackers</p>	<p>6 am-cereal cups</p> <p>Turkey wraps, celery sticks/cheese, pears, milk</p> <p>Pm-yogurt/granola</p>	<p>7am- apple slices</p> <p>Tuna casserole, salad, peaches, milk</p> <p>Pm- Terry's Friday popcorn snack mix</p>
<p>10 am-biscuits/fruit spread</p> <p>Porcupine meatballs, corn, applesauce, milk</p> <p>Pm-celery & peanut butter</p>	<p>11 am-orange slices</p> <p>Bagel sandwich, cucumbers, mixed fruit, milk</p> <p>Pm-sugar free banana pudding w/bananas & graham crackers</p>	<p>12 am-cottage cheese/peaches</p> <p>Vegetable soup, grilled cheese sandwich, pears, milk</p> <p>Pm-fresh fruit & cheese</p>	<p>13 am-raisin toast</p> <p>Western beef casserole, salad, mixed fruit, milk</p> <p>Pm-graham crackers/milk</p>	<p>14 am-fresh fruit</p> <p>Ham wraps, sliced cucumbers, fruit salad medley, milk</p> <p>Pm- Terry's Friday popcorn snack mix</p>
<p>17 am-blueberry muffins</p> <p>Ground beef fajitas, corn, fruit, milk</p> <p>Pm-vanilla wafers & bananas</p>	<p>18 am-raisins & bananas</p> <p>Macaroni & Chilli, salad, mixed fruit, milk</p> <p>Pm-carrots/dip & crackers</p>	<p>19 am-cinnamon toast</p> <p>Mini pizzas, fruit salad medley, salad, milk</p> <p>Pm- fresh fruit & string cheese</p>	<p>20 am-biscuits/fruit spread</p> <p>Baked chicken, green beans, fresh fruit, sliced bread, milk</p> <p>Pm-apples w/peanut butter</p>	<p>21 am- apple slices</p> <p>Turkey sandwich, raw veggies, bananas, milk</p> <p>Pm- Terry's Friday popcorn snack mix</p>
<p>24 am- muffins</p> <p>Golden baked chicken, mashed potatoes, corn, applesauce, milk</p> <p>Pm-cottage cheese/peaches</p>	<p>25 am-orange slices</p> <p>Baked fish filets w/veggies, rice, fruit salad medley, milk</p> <p>Pm-snack mix</p>	<p>26 am-cereal cups/bananas</p> <p>Sloppy Joes, baked fries, applesauce, milk</p> <p>Pm- pepperoni muffins & cheese</p>	<p>27 am-graham crackers w/milk</p> <p>Mac & Cheese w/ground turkey, peas, apple slices, milk</p> <p>Pm-chocolate chip granola cookies & yogurt</p>	<p>28 am- cinnamon toast</p> <p>Tuna sandwich, carrots, mixed fruit, milk</p> <p>Pm- Terry's Friday popcorn snack mix</p>
<p>31 am- bagels/cream cheese</p> <p>Egg casserole, mixed fruit, tator tots, milk</p> <p>Pm-celery peanut butter</p>				<p>Am & Pm snacks served w/juice 1% milk served w/lunch (whole milk for infants)</p>

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February 2011

Monday

Tuesday

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Thursday

Friday

	<p>1 am-graham crackers w/milk</p> <p>French toast, turkey sausage, mixed fruit, bananas, milk</p> <p>Pm-carrots w/dip & whole wheat crackers</p>	<p>2 am- fresh fruit</p> <p>Turkey meatloaf, mashed potatoes, corn, salad, fruit, milk</p> <p>Pm-fresh fruit & cheese cubes</p>	<p>3 am-yogurt</p> <p>Bagel sandwich, cucumber slices w/dip, fresh fruit, sugar free chocolate pudding, milk</p> <p>Pm-apple muffins & milk</p>	<p>4 Am- raisin toast</p> <p>Quesadillas, Spanish rice, pears, corn, milk</p> <p>Pm- Terry's popcorn Friday snack mix</p>
<p>7 am-cinnamon toast</p> <p>Taco salad, Spanish rice, peaches, milk</p> <p>Pm-cheese and crackers</p>	<p>8 am-apple slices w/peanut butter</p> <p>Tuna noodle casserole, apple fruit salad, cucumber slices, milk</p> <p>Pm-yogurt/fruit</p>	<p>9 am-blueberry muffins</p> <p>Hashbrown casserole, peas, pears, milk</p> <p>Pm-graham crackers & milk</p>	<p>10 am-bananas</p> <p>Vegetable soup, grilled cheese sandwich, orange slices</p> <p>Pm-celery/cream cheese & whole wheat crackers</p>	<p>11 am-cinnamon toast</p> <p>Egg salad sandwich, cucumber slices, bananas, milk</p> <p>Pm- Terry's popcorn Friday snack mix</p>
<p>14 am-rice cakes w/fruit spread</p> <p>Tortellini w/parmesan cheese & ground turkey, garlic toast, salad, pears, milk</p> <p>Pm-apple slices with cheese</p>	<p>15 am-graham crackers w/milk</p> <p>Egg burritos, baked tator tots, apple wedges, milk</p> <p>Pm-cucumbers/dip & pretzels</p>	<p>16 am-cereal cups</p> <p>Western Beef Casserole, strawberry salad, milk</p> <p>Pm-carrot muffins & yogurt</p>	<p>17 am-cereal cups</p> <p>Turkey sandwich, baked chips, cucumber slices, apple slices, milk</p> <p>Pm-cheese fruit roll ups</p>	<p>18 am- apple biscuits</p> <p>Chicken noodle soup, banana bread, jiffy fruit salad, milk</p> <p>Pm- Terry's popcorn Friday snack mix</p>
<p>21 am-bagels</p> <p>Mini pizzas, salad, mixed fruit, milk</p> <p>Pm-cheese and crackers</p>	<p>22 am-apple slices</p> <p>Baked Fish Fillets w/carrots, rice, molded fruit salad, milk</p> <p>Pm-carrots & grapes</p>	<p>23 am-yogurt w/granola</p> <p>Pizza baked potatoes, carrot sticks, mixed fruit, milk</p> <p>Pm- applesauce muffins & milk</p>	<p>24 am-biscuits w/fruit spread</p> <p>Sloppy Joes, applesauce, corn, milk</p> <p>Pm- orange slices & graham crackers</p>	<p>25 am-cereal cups</p> <p>Mac & Cheese w/ ham, mixed veggies, fresh fruit, milk</p> <p>Pm- Terry's popcorn Friday snack mix</p>
<p>28 am-cereal cups</p> <p>Turkey dog twists, baked chips, peaches, celery, milk</p> <p>Pm-no bake granola & apple slices</p>				<p>Am & Pm snacks served w/juice 1% milk served w/lunch (whole milk for infants)</p>

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LITTLE PEOPLES' LANDING

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JULY 2011 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Am & Pm snacks served w/juice or water 1% milk served w/lunch (whole milk for infants)				1am-banana muffins Egg salad sandwich, cucumber slices, bananas, mlk Pm- Terry's popcorn Friday snack mix
4 Closed to observe Independence Day!	5am-blueberry muffins Hamburger ple, fresh fruit, Jello, silced bread, milk Pm-watermelon & graham crackers	6 am-cereal cups/bananas Lasagna, salad, fruit, garlic bread, mlk Pm-apple slices w/caramel dip & tortillas	7 am-bagels w/cream cheese Bean burritos, corn, pineapple, mlk Pm-snack mix w/raisins	8 am-apple biscuits Ham sandwich, celery, apples, mlk Pm- Terry's popcorn Friday snack mix
11 am-apples biscuits Egg casserole, strawberry yogurt w/fresh strawberries, salad, mlk Pm- cucumbers w/dip & crackers	12 am- bananas Peanut butter wraps, celery, grapes, milk Pm-pepperoni muffins & string cheese	13 am-cinnamon toast Egg salad sandwich, cucumber slices, kiwi, milk Pm- frozen yogurt w/bananas, graham crackers fruit & yogurt	14 am-yogurt w/bananas Bagel sandwiches, carrots w/dip, watermelon, mlk Pm-cantaloupe, cheese	15 am-raisins Sheppard's Pie, salad, corn muffins, milk Pm- Terry's popcorn Friday snack mix
18 am-cereal cups Mac & Cheese w/ham cubes, cinnamon carrots, honeydew melon, milk Pm-celery w/cheese	19 am-raisin toast Baked chicken, stuffing mixed veggles, pineapple, cottage cheese, milk Pm-chocolate chip granola bars, bananas	20 am-fresh fruit Calzones, salad, Jello w/mixed fruit, milk Pm-cucumbers in Italian dressing, crackers	21 am-bananas Ham & Cheese wraps, carrots, mixed fruit, mlk Pm-apples & cheese	22 am-fresh fruit Parmesan chicken nuggets, pasta w/marinara sauce, salad, mixed fruit, milk Pm- Terry's popcorn Friday snack mix
25 am-apple slices w/peanut butter Tomato soup, grilled cheese sandwich, bananas Pm-watermelon & vanilla wafers	26am-bagels w/cream cheese Taco salad, confetti corn, cantaloupe, mlk Pm-frozen yogurt w/strawberries & graham crackers	27 am-graham crackers w/peanut butter BBQ drumsticks, baked fries, fresh fruit, silced bread, mlk Pm-frozen grapes & cheese	28 am-bananas & strawberries Cheese pizza, mixed fruit, salad, mlk Pm-cucumber sandwiches	29 am-bagels/cream cheese Tuna casserole, pears, salad, mlk Pm- Terry's popcorn Friday snack mix

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Breakfast Menu January 2011

3 Milk Pancakes bananas Turkey bacon	4 Milk Scrambled egg & ham burritos bananas	5 Milk Oatmeal bananas Turkey sausage	6 Milk Breakfast skillet (eggs, ham, potatoes), fruit, toast	7 Milk French Toast Apples
10 Milk Milk Hot Biscuits w/ butter & fruit spread Turkey sausage, bananas	11 Milk Scrambled eggs w/kielbasa Raisin Toast, applesauce	12 Milk Oatmeal Applesauce Turkey bacon	13 Milk Scrambled egg & ham burritos bananas	14 Milk Waffles w/blueberries or bananas Kielbasa
17 Milk French Toast Applesauce	18 Milk English Muffin egg sandwich with sausage & cheese & orange slices	19 Milk Oatmeal Chopped apples Turkey sausage	20 Milk Breakfast skillet (eggs, ham, potatoes), fruit, toast	21 Milk Cinnamon rolls Mixed Fruit
24 Milk Cinnamon rolls Mixed Fruit	25 Milk Breakfast skillet (eggs, ham, potatoes), fruit, toast	26 Milk Oatmeal Mixed fruit Turkey bacon	27 Milk Scrambled egg & turkey sausage burritos bananas	28 Milk Pancakes Strawberries Kielbasa
31 Milk French Toast Bananas				Children can substitute Life Cereal with Milk and fruit as an alternative for any day on the menu