



# JANUARY

## 2025 UPK MENU

### AM SNACK, LUNCH & PM SNACK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.</p> <p>*Menu Items are subject to change based on availability*</p>		<b>1</b>	<b>2</b> Cheese Stick	<b>3</b> Croissant
		<b>NO SCHOOL</b>	Penne with Chickpea Bolognese Cauliflower Peas	Turkey Sliders with Tomato Glaze Brioche Roll Broccoli Carrot Disks
			Apple Cinnamon Bread	Banana Bread
<b>6</b> Homemade Granola with Flax Seed & Crispies	<b>7</b> Vanilla or Berry Yogurt Yogurt	<b>8</b> Blueberry Lemon Bread	<b>9</b> Cheerios	<b>10</b> Croissants
Penne Tomato Mascarpone Sauce & Mozzarella Green Beans Carrot Disks	Toasted Cheddar Sandwich Creamy Smashed Potatoes Broccoli	Indian Butter Chicken Steamed Rice Carrots Turmeric Cauliflower	Glazed Beef Meatloaf Patties Butternut Squash Cubes Peas	Roasted Chicken with Thyme and Porcini with Gravy Couscous Quinoa Pilaf Peas Zucchini
Cheddar Cheese Cubes & Crackers	Carrot Bread	Chickpea Hummus & Pita	Graham Crackers & Strawberry Cream Cheese Dip	Banana Bread
<b>13</b> Bagel & Cream Cheese	<b>14</b> Cherrios	<b>15</b> Cheddar Cheese Cubes & Crackers	<b>16</b> Croissant	<b>17</b> Corn Chex
Kale Basil Pesto with Gemelli Mozzarella Carrot Disks Cauliflower	Chicken Cutlet Strips Orzo Broccoli & Garlic Buttered Corn	Beef Tacos Yellow Rice Green Beans Mexican Squash	Chicken Sausage Pasta Carrots Peas	Cheesy Pizza Bites Kale Pesto White Beans Broccoli
Blueberry Lemon Bread	Fresh Herb Ranch Cottage Cheese & Pretzels	Strawberry Banana Yogurt	Cheese Stick & Crackers	Biscuit + Jam
<b>20</b>	<b>21</b> Cheese Stick & Crackers	<b>22</b> Bagel & Cream Cheese	<b>23</b> Apple Cinnamon Bread	<b>24</b> Strawberry Yogurt
Ditalini with Marinara Mozzarella Corn Broccoli	Beef Sliders Brioche Roll Green Beans Carrot Disks	Garlic Chicken Pasta Peas Butternut Squash Cubes	Toasted Cheddar Sandwiches Carrot Disks Broccoli	Chicken Picatta over Gemelli Pasta Peas Cheesy Cauliflower
Vegan Chocolate Pudding + Raspberry	Blueberry Lemon Bread	Peach Yogurt	Chickpea Hummus & Crackers	Carrot Bread
<b>27</b> Bagel & Cream Cheese	<b>28</b> Cherrios	<b>29</b> Blueberry Lemon Bread	<b>30</b> Graham Crackers & Strawberry Cream Cheese Dip	<b>31</b> Croissant & Jam
Turkey Bolognese Penne Carrots Broccoli	Arroz Con Pollo Seasoned BlackBeans Peas	Carrot Mac and Cheese Butternut Squash Cubes Broccoli	Chicken Cutlet Strips Ditalini Creamy Smashed Potatoes Ratatouille	Egg Noodles Beef Stew Peas & Carrots
Corn Bread	Pimento Cheese & Pretzels	Cherry or Raspberry Yogurt	Banana Bread	Cheese Stick & Pita