

# JANUARY

## Oakland Family Services Menu

| Monday                                                                                                                                                                                                                                                                                                          |  | Tuesday                                                                                                                                                                                                                                                                                                               |  | Wednesday                                                                                                                                                                                                                                                                                                   |  | Thursday                                                                                                                                                                                                                                                                                                                        |  | Friday                                                                                                                                                                                                                                                                                                             |  |
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| 6                                                                                                                                                                                                                                                                                                               |  | 7                                                                                                                                                                                                                                                                                                                     |  | 8                                                                                                                                                                                                                                                                                                           |  | 9                                                                                                                                                                                                                                                                                                                               |  | 10                                                                                                                                                                                                                                                                                                                 |  |
| <b>Breakfast</b><br>1 oz. WG Biscuit, 1 oz. Turkey Sausage, 1/2 c. Diced Peaches, 8 oz. Milk & Jelly<br><b>Lunch</b><br>3 oz Sloppy Joe Sandwich on 2 oz. WW Bun, 1/4 c. Baby Carrots, 1/4 c. Fresh Red Apple, 8 oz. Milk, Ketchup<br><b>Snack</b><br>1 oz. WG Goldfish Graham Crackers & 1/2 c. Vanilla Yogurt |  | <b>Breakfast</b><br>2 oz. WG Breakfast Bar, 1/2 c. Mandarin Oranges, & 8 oz. Milk<br><b>Lunch</b><br>Mexican Nacho w/ 1 oz. Beef & 1 oz. Cheese, 1/4 c. Fresh Orange, 1/4 c. Black Beans, 1 oz. WG Corn Chips & 8 oz. Milk<br><b>Snack</b><br>1 oz. String Cheese & 1/2 c. Fresh Cucumbers                            |  | <b>Breakfast</b><br>2 oz. Cheerios Cereal, 1/2 c. Mixed Fruit & Milk<br><b>Lunch</b><br>(4) WG Chicken Nuggets, 1/2 c. Potato Wedges, 1/4 c. Fresh Orange, BBQ Sauce & 8 oz. Milk<br><b>Snack</b><br>1 oz. WG Cheez Its & 1/2 c. 100% Vegetable Juice                                                       |  | <b>Breakfast</b><br>2 oz. WG French Toast, 1/2 c. Applesauce, 8 oz. Milk & Syrup<br><b>Lunch</b><br>Spaghetti w/ 2 oz. Ground Beef & Cheese & 1 oz. WG Spaghetti Noodles, 1/4 c. Fresh Green Apple, 1/4 c. Green Beans & 8 oz. Milk<br><b>Snack</b><br>Ants on a Log: 1/4 c. Celery Sticks, 1 oz. Cream Cheese & 1/4 c. Raisins |  | <b>Breakfast</b><br>2 oz. WG Rice Chex Cereal, 1/2 c. Diced Pineapples & 8 oz. Milk<br><b>Lunch</b><br>4 oz. WG Pepperoni Pizza, 1/4 c. Mandarin Oranges, 1/2 c. Fresh Cucumbers w/ Ranch & 8 oz. Milk<br><b>Snack</b><br>1 oz. WG Cheese Goldfish & 1/2 c. Applesauce                                             |  |
| 13                                                                                                                                                                                                                                                                                                              |  | 14                                                                                                                                                                                                                                                                                                                    |  | 15                                                                                                                                                                                                                                                                                                          |  | 16                                                                                                                                                                                                                                                                                                                              |  | 17                                                                                                                                                                                                                                                                                                                 |  |
| <b>Breakfast</b><br>2 oz. WG Breakfast Bar, 1/2 c. Pears & Milk<br><b>Lunch</b><br>3- Chicken Tenders, 1/4 c. Sweet Potato Fries, 1/4 c. Fresh Red Apple, Ketchup, BBQ Sauce & 8 oz. Milk<br><b>Snack</b><br>2 oz. Vanilla Yogurt & 1/2 c. WG Grams                                                             |  | <b>Breakfast</b><br>1 oz. WG Biscuit, 1 oz. Turkey Sausage, 1/2 c. Diced Peaches, 8 oz. Milk & Jelly<br><b>Lunch</b><br>Beef Taco w/ 1 oz. Beef & 1 oz. Cheese, 1 oz. WG Tortilla, 1/4 c. Pinto Beans, 1/4 c. Fresh Orange, 8 oz. Milk, Taco Sauce<br><b>Snack</b><br>1 oz. Cereal Trail Mix & 1/2 c. Vegetable Juice |  | <b>Breakfast</b><br>2 oz. WG Cornflakes, 1/2 c. Mandarin Oranges & Milk<br><b>Lunch</b><br>Turkey Sandwich 1 oz. Turkey, 1 oz. Cheese, 2 oz. Sub Bun, 1/4 c. Tater Tots, 1/4 c. Fresh Banana, Ketchup, Mayo<br><b>Snack</b><br>1 oz. Wheat Crackers & 2 oz. Cheese Cubes                                    |  | <b>Breakfast</b><br>2 oz. WG Cream Cheese filled Bagel, 1/2 c. Mixed Fruit & 8 oz. Milk<br><b>Lunch</b><br>2 oz. BBQ Beef Ribette, 2 oz. WG Corn Muffin, 1/4 c. Fresh Yellow Apple, 1/4 c. Green Beans 8 oz. Milk<br><b>Snack</b><br>1/2 c. Fresh Apples & 1 oz. String Cheese                                                  |  | <b>Breakfast</b><br>2 oz. UBR Breakfast Round, 1/2 c. Applesauce & 8 oz. Milk<br><b>Lunch</b><br>4 oz. Pepperoni Pizza w/ WG Crust, 1/4 c. Fresh Baby Carrots w/ Ranch, 1/4 c. Fresh Seasonal Fruit & 8 oz. Milk<br><b>Snack</b><br>2 oz. Cottage Cheese & 1/2 c. Diced Peaches                                    |  |
| 20                                                                                                                                                                                                                                                                                                              |  | 21                                                                                                                                                                                                                                                                                                                    |  | 22                                                                                                                                                                                                                                                                                                          |  | 23                                                                                                                                                                                                                                                                                                                              |  | 24                                                                                                                                                                                                                                                                                                                 |  |
|                                                                                                                                                                                                                                |  | <b>Breakfast</b><br>2 oz. WG French Toast 1/2 c. Diced Pears, 8 oz. Milk & Syrup<br><b>Lunch</b><br>4 oz WG Pizza Pocket, 1/4 c. Baby Carrots, 1/4 c. Orange, Ranch<br><b>Snack</b><br>1 oz. WG Goldfish Graham Crackers & 1/2 c. Vanilla Yogurt                                                                      |  | <b>Breakfast</b><br>2 oz. WG Breakfast Bar, 1/2 c. Diced Peaches & 8 oz. Milk<br><b>Lunch</b><br>4 oz. WW Grilled Cheese, 1/4 c. Sweet Potato Wedges, 1/4 c. Fresh Banana, Ketchup & 8 oz. Milk<br><b>Snack</b><br>1 oz. String Cheese & 1/2 c. Fresh Cucumbers                                             |  | <b>Breakfast</b><br>1 oz. WG Biscuit, 1 oz. Turkey Sausage, 1/2 c. Diced Peaches, 8 oz. Milk & Jelly<br><b>Lunch</b><br>Chicken Alfredo w/ 2 oz. Chicken, 1 oz. Cheese & 1 oz. WG Pasta, 1/4 c. Fresh Green Apple, 1/4 c. Broccoli, & 8 oz. Milk<br><b>Snack</b><br>1 oz. WG Cheese Goldfish & 1/2 c. Applesauce                |  | <b>Breakfast</b><br>1 oz. WG Apple Cinnamon Muffin, 1/2 c. Mixed Fruit & 8 oz. Milk<br><b>Lunch</b><br>4 oz. Pepperoni Pizza w/ WG Crust, 1/2 c. Fresh Cucumbers, 1/4 c. Mandarin Oranges, Ranch Dressing & 8 oz. Milk<br><b>Snack</b><br>Ants on a Log: 1/4 c. Celery Sticks, 1 oz. Cream Cheese & 1/4 c. Raisins |  |
| 27                                                                                                                                                                                                                                                                                                              |  | 28                                                                                                                                                                                                                                                                                                                    |  | 29                                                                                                                                                                                                                                                                                                          |  | 30                                                                                                                                                                                                                                                                                                                              |  | 31                                                                                                                                                                                                                                                                                                                 |  |
| <b>Breakfast</b><br>2 oz. Cheerios Cereal, 1/2 c. Applesauce & Milk<br><b>Lunch</b><br>(4) Chicken Nuggets, 1/4 c. Tater Tots, 1/4 c. Fresh Red Apple, BBQ Sauce & 8 oz. Milk<br><b>Snack</b><br>1 oz. Wheat Crackers & 2 oz. Cheese Cubes                                                                      |  | <b>Breakfast</b><br>2 oz. WG Waffles, 1/2 c. Diced Pineapples, 8 oz. Milk & Syrup<br><b>Lunch</b><br>Beef Taco w/ 1 oz. Beef & 1 oz. Cheese, 1 oz. WG Tortilla, 1/4 c. Pinto Beans, 1/4 c. Fresh Orange, 8 oz. Milk, Taco Sauce<br><b>Snack</b><br>2 oz. Vanilla Yogurt & 1/2 c. WG Grams                             |  | <b>Breakfast</b><br>2 oz. WG Breakfast Bar, 1/2 c. Diced Pears & 8 oz. Milk<br><b>Lunch</b><br>Mashed Potato Bowl w/ (6) Popcorn Chicken & Cheese, 1/4 c. Corn & Mashed Potatoes, 1 oz. WG Dinner Roll, 1/4 c. Fresh Banana & 8 oz. Milk<br><b>Snack</b><br>1 oz. Cereal Trail Mix & 1/2 c. Vegetable Juice |  | <b>Breakfast</b><br>1 oz. WG Biscuit, 1 oz. Turkey Sausage, 1/2 c. Diced Peaches, 8 oz. Milk & Jelly<br><b>Lunch</b><br>Meatball Sub w/ (3) Meatballs 1 oz. Cheese & 2 oz. WW Sub Bun, 1/4 c. Oven Fries, 1/4 c. Fresh Yellow Apple, Ketchup & 8 oz. Milk<br><b>Snack</b><br>2 oz. Cottage Cheese & 1/2 c. Diced Peaches        |  | <b>Breakfast</b><br>2 oz. WG Triple Berry Crunch Bar, 1/2 c. Mandarin Oranges & 8 oz. Milk<br><b>Lunch</b><br>4 oz. Pepperoni Pizza w/ WG Crust, 1/4 c. Fresh Baby Carrots w/ Ranch, 1/4 c. Fresh Seasonal Fruit & 8 oz. Milk<br><b>Snack</b><br>1/2 c. Fresh Apples & 1 oz. String Cheese                         |  |



# February 2025

## Oakland Family Services Menu

| Monday                                                                                                                                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                                 |
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| <p>3 <b>Breakfast</b><br/>2 oz. WG Blueberry Muffin,<br/>1/2 c. Mixed Fruit &amp; 8 oz.<br/>Milk<br/><b>Lunch</b><br/>2 oz. WG Chicken Patty<br/>Sandwich on 2 oz. WG Bun,<br/>1/4 c. Fresh Red Apple, 1/4<br/>c. Sweet Potato Fries, Mayo,<br/>Ketchup &amp; 8 oz. Milk<br/><b>Snack</b><br/>1 oz. WG Cheez Its &amp; 1/2 c.<br/>100% Vegetable Juice</p>         | <p>4 <b>Breakfast</b><br/>2 oz. WG French Toast, 1/2<br/>c. Applesauce, 8 oz. Milk &amp;<br/>Syrup<br/><b>Lunch</b><br/>Mexican Nacho w/ 1 oz.<br/>Beef &amp; 1 oz. Cheese, 1/4 c.<br/>Fresh Orange, 1/4 c. Black<br/>Beans, 1 oz. WG Corn Chips<br/>&amp; 8 oz. Milk<br/><b>Snack</b><br/>1 oz. String Cheese &amp; 1/2 c.<br/>Fresh Cucumbers</p>                          | <p>5 <b>Breakfast</b><br/>1 oz. WG Rice Krispies, 1/2<br/>c. Diced Pineapples &amp; 8 oz.<br/>Milk<br/><b>Lunch</b><br/>(4) Chicken Nuggets, 1/2 c.<br/>Potato Wedges, 1/4 c. Fresh<br/>Banana, Ketchup, Ranch<br/><b>Snack</b><br/>Ants on a Log: 1/4 c. Celery<br/>Sticks, 1 oz. Cream Cheese<br/>&amp; 1/4 c. Raisins</p> | <p>6 <b>Breakfast</b><br/>2 oz. WG Waffles, 1/2 c.<br/>Diced Pears, 8 oz. Milk &amp;<br/>Syrup<br/><b>Lunch</b><br/>Italian Mostaccioli w/ 2 oz.<br/>Beef &amp; Cheese, 2 oz. WG<br/>Penne, 1/2 c. Green Beans,<br/>1/4 c. Fresh Green Apple &amp;<br/>Milk<br/><b>Snack</b><br/>1 oz. WG Goldfish Graham<br/>Crackers &amp; 1/2 c. Vanilla<br/>Yogurt</p>                                         | <p>7 <b>Breakfast</b><br/>1 oz. WG Breakfast Bar, 1/2<br/>c. Diced Peaches &amp; 8 oz.<br/>Milk<br/><b>Lunch</b><br/>4 oz. Pepperoni Pizza w/ WG<br/>Crust, 1/2 c. Fresh<br/>Cucumbers, 1/4 c. Mandarin<br/>Oranges, Ranch Dressing &amp; 8<br/>oz. Milk<br/><b>Snack</b><br/>1 oz. WG Cheese Goldfish &amp;<br/>1/2 c. Applesauce</p> |
| <p>10 <b>Breakfast</b><br/>2 oz. WG Cornflakes, 1/2 c.<br/>Mandarin Oranges &amp; Milk<br/><b>Lunch</b><br/>Beef Hamburger: 2.5 oz.<br/>Beef Patty, 2 oz. WW Bun,<br/>1/4 c. Sweet Potato Wedges,<br/>1/4 c. Fresh Red Apple &amp; 8<br/>oz. Milk<br/><b>Snack</b><br/>1 oz. Cereal Trail Mix &amp; 1/2<br/>c. Vegetable Juice</p>                                 | <p>11 <b>Breakfast</b><br/>1 oz. WG Biscuit, 1 oz.<br/>Turkey Sausage, 1/2 c. Diced<br/>Peaches, 8 oz. Milk &amp; Jelly<br/><b>Lunch</b><br/>4 oz WG Pizza Pocket, 1/4 c.<br/>Baby Carrots, 1/4 c. Orange,<br/>Ranch<br/><b>Snack</b><br/>1 oz. Wheat Crackers &amp; 2<br/>oz. Cheese Cubes</p>                                                                              | <p>12 <b>Breakfast</b><br/>1 oz. WG Graham Crackers,<br/>1/2 c. Applesauce &amp; 8 oz.<br/>Milk<br/><b>Lunch</b><br/>2 oz. BBQ Pulled Chicken<br/>Sandwich &amp; 2 oz. WW Bun,<br/>1/2 c. Tater Tots, 1/4 c.<br/>Banana, Ketchup<br/><b>Snack</b><br/>2 oz. Cottage Cheese &amp; 1/2<br/>c. Diced Peaches</p>                | <p>13 <b>Breakfast</b><br/>1 oz. WG Pancakes, 1 oz.<br/>Turkey Sausage, 1/4 c. Diced<br/>Pineapples, 8 oz. Milk &amp;<br/>Syrup<br/><b>Lunch</b><br/>4 oz. Cheeseburger Mac, 1/2<br/>c. Broccoli, 1/4 c. Fresh<br/>Yellow Apple &amp; Milk<br/><b>Snack</b><br/>1/2 c. Fresh Apples &amp; 1 oz.<br/>String Cheese</p>                                                                              | <p>14 <b>Breakfast</b><br/>2 oz. WG Breakfast Bar, 1/2<br/>c. Diced Pears &amp; 8 oz. Milk<br/><b>Lunch</b><br/>4 oz. Pepperoni Pizza w/ WG<br/>Crust, 1/4 c. Fresh Baby<br/>Carrots w/ Ranch, 1/4 c.<br/>Fresh Seasonal Fruit &amp; 8 oz.<br/>Milk<br/><b>Snack</b><br/>1 oz. WG Cheez Its &amp; 1/2 c.<br/>100% Vegetable Juice</p>  |
| <p>17 <b>Breakfast</b><br/>1 oz. WG Biscuit, 1 oz.<br/>Turkey Sausage, 1/2 c. Diced<br/>Peaches, 8 oz. Milk &amp; Jelly<br/><b>Lunch</b><br/>3 oz Sloppy Joe Sandwich on<br/>2 oz. WW Bun, 1/4 c. Baby<br/>Carrots, 1/4 c. Fresh Red<br/>Apple, 8 oz. Milk, Ketchup<br/><b>Snack</b><br/>1 oz. WG Goldfish Graham<br/>Crackers &amp; 1/2 c. Vanilla<br/>Yogurt</p> | <p>18 <b>Breakfast</b><br/>2 oz. WG Breakfast Bar, 1/2<br/>c. Mandarin Oranges, &amp; 8<br/>oz. Milk<br/><b>Lunch</b><br/>Mexican Nacho w/ 1 oz.<br/>Beef &amp; 1 oz. Cheese, 1/4 c.<br/>Fresh Orange, 1/4 c. Black<br/>Beans, 1 oz. WG Corn Chips<br/>&amp; 8 oz. Milk<br/><b>Snack</b><br/>1 oz. String Cheese &amp; 1/2 c.<br/>Fresh Cucumbers</p>                        | <p>19 <b>Breakfast</b><br/>2 oz. Cheerios Cereal, 1/2 c.<br/>Mixed Fruit &amp; Milk<br/><b>Lunch</b><br/>(4) WG Chicken Nuggets, 1/2<br/>c. Potato Wedges, 1/4 c.<br/>Fresh Orange, BBQ Sauce &amp;<br/>8 oz. Milk<br/><b>Snack</b><br/>1 oz. WG Cheez Its &amp; 1/2 c.<br/>100% Vegetable Juice</p>                         | <p>20 <b>Breakfast</b><br/>2 oz. WG French Toast, 1/2<br/>c. Applesauce, 8 oz. Milk &amp;<br/>Syrup<br/><b>Lunch</b><br/>Spaghetti w/ 2 oz. Ground<br/>Beef &amp; Cheese &amp; 1 oz. WG<br/>Spaghetti Noodles, 1/4 c.<br/>Fresh Green Apple, 1/4 c.<br/>Green Beans &amp; 8 oz. Milk<br/><b>Snack</b><br/>Ants on a Log: 1/4 c. Celery<br/>Sticks, 1 oz. Cream Cheese &amp;<br/>1/4 c. Raisins</p> | <p>21 <b>Breakfast</b><br/>2 oz. WG Rice Chex Cereal,<br/>1/2 c. Diced Pineapples &amp; 8<br/>oz. Milk<br/><b>Lunch</b><br/>4 oz. WG Pepperoni Pizza,<br/>1/4 c. Mandarin Oranges,<br/>1/2 c. Fresh Cucumbers w/<br/>Ranch &amp; 8 oz. Milk<br/><b>Snack</b><br/>1 oz. WG Cheese Goldfish &amp;<br/>1/2 c. Applesauce</p>              |
| <p>24 <b>Breakfast</b><br/>2 oz. WG Breakfast Bar, 1/2<br/>c. Pears &amp; Milk<br/><b>Lunch</b><br/>3- Chicken Tenders, 1/4 c.<br/>Sweet Potato Fries, 1/4 c.<br/>Fresh Red Apple, Ketchup,<br/>BBQ Sauce &amp; 8 oz. Milk<br/><b>Snack</b><br/>2 oz. Vanilla Yogurt &amp; 1/2 c.<br/>WG Grahams</p>                                                               | <p>25 <b>Breakfast</b><br/>1 oz. WG Biscuit, 1 oz.<br/>Turkey Sausage, 1/2 c. Diced<br/>Peaches, 8 oz. Milk &amp; Jelly<br/><b>Lunch</b><br/>Beef Taco w/ 1 oz. Beef &amp; 1<br/>oz. Cheese, 1 oz. WG<br/>Tortilla, 1/4 c. Pinto Beans,<br/>1/4 c. Fresh Orange, 8 oz.<br/>Milk, Taco Sauce<br/><b>Snack</b><br/>1 oz. Cereal Trail Mix &amp; 1/2<br/>c. Vegetable Juice</p> | <p>26 <b>Breakfast</b><br/>2 oz. WG Cornflakes, 1/2 c.<br/>Mandarin Oranges &amp; Milk<br/><b>Lunch</b><br/>Turkey Sandwich 1 oz.<br/>Turkey, 1 oz. Cheese, 2 oz.<br/>Sub Bun, 1/4 c. Tater Tots,<br/>1/4 c. Fresh Banana,<br/>Ketchup, Mayo<br/><b>Snack</b><br/>1 oz. Wheat Crackers &amp; 2<br/>oz. Cheese Cubes</p>      | <p>27 <b>Breakfast</b><br/>2 oz. WG Cream Cheese<br/>filled Bagel, 1/2 c. Mixed<br/>Fruit &amp; 8 oz. Milk<br/><b>Lunch</b><br/>2 oz. BBQ Beef Ribette, 2 oz.<br/>WG Corn Muffin, 1/4 c. Fresh<br/>Yellow Apple, 1/4 c. Green<br/>Beans &amp; 8 oz. Milk<br/><b>Snack</b><br/>1/2 c. Fresh Apples &amp; 1 oz.<br/>String Cheese</p>                                                                | <p>28 <b>Breakfast</b><br/>2 oz. UBR Breakfast Round,<br/>1/2 c. Applesauce &amp; 8 oz.<br/>Milk<br/><b>Lunch</b><br/>4 oz. Pepperoni Pizza w/ WG<br/>Crust, 1/4 c. Fresh Baby<br/>Carrots w/ Ranch, 1/4 c.<br/>Fresh Seasonal Fruit &amp; 8 oz.<br/>Milk<br/><b>Snack</b><br/>2 oz. Cottage Cheese &amp; 1/2<br/>c. Diced Peaches</p> |