

CBA-LOUDOUN STATION'S JANUARY 2025 SCHOOL MENU

| WEEK 1 | | | | | |
|--------------------------|--------------------------------------------------|--------------------------------------------------|--------------|--------------------------------------------------|--------------------------------------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 12/30/2024 | 12/31/2024 | 1/1/2025 | 1/2/2025 | 1/3/2025 |
| AM SNACK: | | | | | |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | CLOSED | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | Mixed Berries | Sliced Strawberries | | Applesauce | Tropical Mixed Fruit |
| Grain | WG Pancake Bites | WG Toasted Oat Cereal | | WG French Toast Stix | WG Bagel w/ Cream Cheese |
| Extra/Protein | | | | | |
| LUNCH: | | | | | |
| | BRUNCH SAMMY | PIEROGIES | HAPPY | CHICKEN POT PIE | PIZZA |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | Diced Pears | Diced Peaches | | Mandarin Oranges | Pineapple Tidbits |
| Vegetable | Hashbrown | Broccoli Bites | | Mixed Veggies | Green Beans |
| Grain | WG English Muffin | | | WG Biscuit | WG Crust |
| Meat/Meat Alt | Eggy Patty w/ Cheese | Pierogies | | Diced Chicken w/ Gravy | Pizza |
| Vegetarian Option | Veggie Sausage Patty | | | Veggie Nuggets | |
| PM SNACK: | | | | | |
| Fruit | Pineapple Tidbits | School Closes at 3 PM | NEW YEAR! | | |
| Vegetable | | | | | Strawberry Yogurt |
| Grain | Churro Cracker | Wheat Thins | | Animal Crackers | Champs Crackers |
| Protein | | String Cheese | | Strawberry Yogurt | |
| Extra | | | | | |

| WEEK 2 | | | | | |
|--------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 1/6/2025 | 1/7/2025 | 1/8/2025 | 1/9/2025 | 1/10/2025 |
| AM SNACK: | | | | | |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | Tropical Mixed Fruit | Pineapple Tidbits | Mango | Frozen Blueberries | Banana |
| Grain | WG Oatmeal Cereal Bar | WG Spooner Cereal | Vanilla Yogurt | Oatmeal | WG Crispy Rice Cereal |
| Extra/Protein | | | Granola | | |
| LUNCH: | | | | | |
| | Fish Filet | TEX MEX | PHILLY CHEESESTEAK | ORANGE CHICKEN | SOUP & SANDWICH |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | Diced Peaches | Applesauce | Diced Pears | Mandarin Oranges | Fruit Cocktail |
| Vegetable | Sweet peas | Corn | Tater Tots | Green Beans | Tomato Soup |
| Grain | | Cheddar Grits | WG Roll | Brown Rice | |
| Meat/Meat Alt | Fish Filet Rectangle | Diced Chicken w/ BBQ Sauce | Beef Steak w/ cheese | Diced Chicken W/ Orange sauce | Grilled Cheese Sandwich |
| Vegetarian Option | | Veggie Nuggets | Vegan Beef Crumbles with cheese | Tofurky & Cheese Sandwich | |
| PM SNACK: | | | | | |
| Fruit | Mandarin Oranges | | Banana | | |
| Vegetable | | | | Cucumber Slices/Ranch | Pineapple Tidbits |
| Grain | Sunrise Bites | Churro Crackers | Apple Cinn Graham Bears | WG Crackers | WG Goldfish Cracker |
| Protein | | Vanilla Yogurt | | | |

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
 2. The fruit component at lunch may be substituted by an additional vegetable.
 Page 1 of 3



CBA-LOUDOUN STATION'S JANUARY 2025 SCHOOL MENU

| WEEK 3 | | | | | |
|-------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 1/13/2025 | 1/14/2025 | 1/15/2025 | 1/16/2025 | 1/17/2025 |
| AM SNACK: | | | | | |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | Applesauce | Mandarin Oranges | Banana | Sliced Strawberries | Canned Cinnamon Apples |
| Grain | WG Blueberry Loaf | WG Bagel w/ Cream Cheese | WG Waffle | WG Corn Flakes Cereal | WG English Muffin w/ Sausage Patty |
| Extra/Protein | | | | | Vegan Sausage Patty |
| LUNCH: | | | | | |
| | MAC N CHEESE | FIESTA RICE BOWL | CHICKEN FRIES | TURKEY HAM | FISH FILET |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | Diced Peaches | Diced Pears | Pineapple Tidbits | Fruit Cocktail | Fresh Blueberries |
| Vegetable | Sweet Peas | Corn | Diced Carrots | Mashed Potatoes | Sweet Potato Fries |
| Grain | | Brown Rice | | | |
| Meat/Meat Alt | Mac n Cheese | Turkey Taco Entrée w/ cheese | Chicken Fries | Diced Turkey Ham | Fish Filet Rectangle |
| Vegetarian Option | | Vegan Turkey Cutlet | Veggie Nuggets | Cheese Quesadilla | Sunbutter & Jelly Sandwich |
| PM SNACK: | | | | | |
| Fruit | | | Apple Slices | Diced Mango | Banana |
| Vegetable | | Baby Carrots w/ Ranch | | | |
| Grain | WG Pizza Crackers | Champ Bite Crackers | Townhouse Crackers | All Sport Bites | Education Crackers |
| Protein | String Cheese | | Voy Hazelnut Free Spread | | |
| Extra | | | | | |

| WEEK 4 | | | | | |
|-------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|---------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 1/20/2025 | 1/21/2025 | 1/22/2025 | 1/23/2025 | 1/24/2025 |
| AM SNACK: | | | | | |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | CHEF'S |
| Fruit | Fruit of choice | Mixed Berries | Sliced Strawberries | Banana | |
| Grain | WG Cereal | WG Cheese Toast | WG Cereal Oatmeal Bar | WG Crispy Rice Cereal | |
| Extra/Protein | | | | | |
| LUNCH: | | | | | |
| | CRUNCHERS | TACO TUESDAY | CHICKEN DRUMMIES | MEATLOAF | CHOICE |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | |
| Fruit | Applesauce | Diced Pears | Pineapple Tidbits | Diced Peaches | |
| Vegetable | Mixed Veggies | Sweet peas | Green Beans | Mashed Potatoes | |
| Grain | | WG Tortilla | | | |
| Meat/Meat Alt | Pizza Crunchers | Turkey Taco Entrée w/ Cheese | Chicken Drumsticks w/ Signature Sauce | Meatloaf | |
| Vegetarian Option | | Vegan Turkey Cutlet | Veggie Nuggets | Bean Burger Patty | |
| PM SNACK: | | | | | |
| Fruit | | | Mango | Applesauce | DAY! |
| Vegetable | | | | | |
| Grain | WG Alphabet Crackers | Vanilla Wafers | Townhouse Crackers | Animal Crackers | |
| Protein | Banana Cinn Chickpea Butter | Strawberry Yogurt | Cheese Slice | | |
| Extra | | | | | |

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

CBA-LOUDOUN STATION'S JANUARY 2025 SCHOOL MENU

WEEK 5

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|-----------|-----------|-----------|-----------|-----------|
| Dates: | 1/27/2025 | 1/28/2025 | 1/29/2025 | 1/30/2025 | 1/31/2025 |

AM SNACK:

| | | | | | |
|----------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | Applesauce | Sliced Strawberries | Blueberries | Mixed Berries | Diced Pears |
| Grain | WG Cheese Toast | WG Toasted Oat Cereal | WG French Toast | WG Pancake Bites | WG Cinnamon Cereal |
| Extra/Protein | | | | | |

LUNCH:

| | BRUNCH SAMMY | PIEROGIES | CHEESEBURGER | PIZZA | CHICKEN POT PIE |
|--------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | Diced Pears | Diced Peaches | Diced Pineapple | Fruit Cocktail | Mandarin Oranges |
| Vegetable | Diced Carrots | Broccoli Bites | Tater Tots | Green Beans | Mixed Veggies |
| Grain | WG English Muffin | | WG Bun | WG Crust | WG Biscuit |
| Meat/Meat Alt | Egg Patty w/ cheese | Pierogies | Beef Patty w/ Cheese | Pizza | Diced Chicken w/ Gravy |
| Vegetarian Option | Vegan Sausage Patty | | Bean Burger Patty | | Veggie Nuggets |

PM SNACK:

| | | | | | |
|------------------|---------------|------------------|--------------|--------------------|----------------------|
| Fruit | Applesauce | Mandarin Oranges | Apple Slices | Baby Carrots | Tropical Mixed Fruit |
| Vegetable | | | | | |
| Grain | Wheat Thins | WG Goldfish | | Townhouse Crackers | Churro Crackers |
| Protein | String Cheese | | Cheese Cubes | | Vanilla Yogurt |
| Extra | | | | Ranch | |

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

