

January

BREAKFAST & SNACK

MON

TUE

WED

THU

FRI

5

B: Whole Grain
Cheerios or
Shredded Wheat
Apple Slices

S: Goldfish & Milk

6

B: Pancakes
Bananas

S: Wheat Thins &
Cheese

7

B: Scrambled Eggs
Sausage Links
Hashbrowns
Grapes

S: Whole Grain Muffins
& Milk

8

B: Whole Grain
French Toast
Blueberries

S: Grahams & Milk

9

B: Greek Yogurt
w/ Granola
Strawberries

S: Apples,
Grapes, Yogurt
Dip

12

B: Whole Grain
Cheerios or
Shredded Wheat
Apple Slices

S: Goldfish & Milk

13

B: Pancakes
Bananas

S: Wheat Thins &
Cheese

14

B: Scrambled Eggs
Sausage Links
Hashbrowns
Grapes

S: Whole Grain Muffins
& Milk

15

B: Whole Grain
French Toast
Blueberries

S: Grahams & Milk

16

B: Greek Yogurt
w/ Granola
Strawberries

S: Apples, Grapes,
Yogurt Dip

19

CLOSED

20

B: Pancakes
Bananas

S: Wheat Thins &
Cheese

21

B: Scrambled Eggs
Sausage Links
Hashbrowns
Grapes

S: Whole Grain Muffins
& Milk

22

B: Whole Grain
French Toast
Blueberries

S: Grahams & Milk

23

B: Greek Yogurt
w/ Granola
Strawberries

S: Apples, Grapes,
Yogurt Dip

26

B: Whole Grain
Cheerios or
Shredded Wheat
Apple Slices

S: Goldfish & Milk

27

B: Pancakes
Bananas

S: Wheat Thins &
Cheese

28

B: Scrambled Eggs
Sausage Links
Hashbrowns
Grapes

S: Whole Grain Muffins
& Milk

29

B: Whole Grain
French Toast
Blueberries

S: Grahams & Milk

30

B: Greek Yogurt
w/ Granola
Strawberries

S: Apples, Grapes,
Yogurt Dip

MENU IS
SUBJECT TO
CHANGE.

WHOLE MILK: 12-24 MTHS
FAT FREE MILK: 2 & UP

January

LUNCH

MON

TUE

WED

THU

FRI

5	6	7	8	9
Cheesy Beef Nachos w/ Whole Grain Tortilla Chips Side Salad Manadrians	Chicken Salad Whole Grain Roll Corn Fruit Salad	Whole Grain PB&J Cheese Stick Baby Carrots Apple Slices	Sausage Links Banana Waffles Hashbrowns Mixed Berries	Shepherd's Pie Biscuit Bananas
12	13	14	15	16
Cheeseburger on Whole Grain Roll Fries Bananas	Chicken Tacos w/ Whole Grain Tortilla Seasoned Corn Pineapple	Whole Grain Grilled Cheese Sandwhich Tomato Soup Strawberries	Chicken Parm. Buttered Noodles Mixed Veggies Peaches	Turkey & Cheese on Whole Grain Roll Broccoli Grapes
19 CLOSED	20	21	22	23
	Sloppy Joe on Roll Carrots Applesauce	Mac & Cheese Yogurt Pouch Green Beans Strawberries	Italian Chicken Pasta Salad Broccoli Blueberries	Beef Hot Dog Roll Tater Tots Grapes
26	27	28	29	30
Ham Mashed Potatoes Dinner Roll Apple Slices	Whole Grain Chicken Quesadilla Corn Bananas	Cheese Pizza Yogurt Mixed Veggies Pineapple	Teriyaki Meatballs Brown Rice Green Beans Pears	Chicken Cordon Bleu Sliders Broccoli & Cauliflower Mix Fruit Salad

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SUBJECT TO
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WHOLE MILK: 12-24 MTHS
FAT FREE MILK: 2 & UP