

Jan-18

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
1	2	3	4	5
CLOSED	B: WG cereal w/ milk, juice L: Macaroni & cheese, peas, apple slices, milk Sn: Graham crackers, milk	B: WG waffle, apple slices, milk L: Swedish meatballs, noodles, green beans, orange slices, milk Sn: Trail mix, milk	B: Asst. cereal w/ milk, banana L: Turkey & cheese sub, corn, applesauce, milk Sn: WG Goldfish crackers, juice	B: WG Cinnamon toast, seasonal fresh fruit, milk L: Cheese pizza, carrots, pears, milk Sn: Chex mix, juice
8	9	10	11	12
B: WG cereal w/ milk, juice L: Cheese quiche, broccoli, mixed fruit, milk Sn: Apple slices w/ PB, milk	B: WG bagel, orange slices, milk L: Chicken patty sandwich, mixed vegetables, applesauce, milk Sn: Yogurt, pretzels, water	B: WG waffle, apple slices, milk L: Pasta w/ meat sauce, tossed salad, pears, milk Sn: Animal crackers, milk	B: Asst. cereal w/ milk, banana L: Ham & bean soup, WG-quesadilla, apple slices, milk Sn: Crackers, cheese, water	B: WG Cinnamon toast, seasonal fresh fruit, milk L: Chicken & rice, peas, peaches, milk Sn: Cheese crackers, juice
15	16	17	18	19
B: Asst. cereal w/ milk, juice L: WG Toasted cheese sandwich, tomato soup, crackers, apple slices, milk Sn: Graham crackers, milk	B: WG bagel, orange slices, milk L: Sloppy Joe sandwich, oven potatoes, pineapple, milk Sn: Cheese, pretzels, water	B: WG waffle, apple slices, milk L: Bean & cheese pizza, sliced bell peppers, orange slices, milk Sn: Trail mix, milk	B: Asst. cereal w/ milk, banana L: Chicken nuggets, roll, corn, applesauce, milk Sn: WG PB crackers, juice	B: WG Cinnamon toast, seasonal fresh fruit, milk L: Pig-in-a-blanket, potato soup, apple slices, milk Sn: Crackers, juice
22	23	24	25	26
B: WG cereal w/ milk, juice L: Macaroni & cheese, peas, peaches, milk Sn: Apple slices w/PB, milk	B: WG bagel, orange slices, milk L: Chicken patty sandwich, green beans, applesauce, milk Sn: Animal crackers, milk	B: WG waffle, apple slices, milk L: Ham & cheese roll-up, broccoli, mixed fruit, milk Sn: Veggies & hummus dip, milk	B: WG cereal w/ milk, banana L: Beef & veg. stew, biscuits, apple slices, milk Sn: Yogurt, pretzels, water	B: WG Cinnamon toast, seasonal fresh fruit, milk L: Cheese pizza, tossed salad, pears, milk Sn: Chex mix, juice
29	30	31		
B: Asst. cereal w/ milk, juice L: WG Toasted cheese sandwich, tomato soup, crackers, apple slices, milk Sn: Trail mix, milk	B: WG bagel, orange slices, milk L: Chicken nuggets, roll, carrots, mixed fruit, milk Sn: Graham crackers, milk	B: WG waffle, apple slices, milk L: Sloppy Joe sandwich, corn, pears, milk Sn: Crackers, cheese, water		

*All juice is 100% juice *WG=Whole Grain

*Assorted cereals include: Cheerios, Chex (Corn, Rice, or Wheat), Corn Flakes, Kix, Life, Rice Krispies, Wheaties, etc.

