

## Jan. 2019

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
		1 B: WG Waffle, Apples, Milk L: Baked Mac and Cheese, Peas Mand. Oranges, Milk Sn: Graham crackers, milk	2 B: WG Cereal w/ Milk, Banana L: Turkey & Cheese on WG Roll, Mixed Veg. Peaches, Milk Sn: Cheese, Cracker, Water	3 B:WG English Muffin, Seasonal Fruit, Milk L: Beef Veg. Stew, Roll Mixed Fruit, Milk Sn:Goldfish Cracker, Juice
7 B: WG Cereal w/ Milk, Juice L:Tomato Soup, WG Toasted Cheese, Apples, Milk Sn: Snack Mix, Milk	8 B: WG Bagel, Orange slices, Milk L: Pizza, Salad, Mixed Fruit, Milk Sn: Animal Crackers, Milk	9 B: WG Waffle, Apples, Milk L: Bean & Cheese Quesadilla, Corn, Pineapple, Milk Sn: Fruit, Crackers, Water	10 B: WG Cereal w/ Milk, Banana L:Pig in a Blanket, Corn, Applesauce, Milk Sn: Cheese Sand. Crackers, Juice	11 B: WG French Toast, Seasonal Fresh Fruit, Milk L: Chicken Spag. Mixed Veg. Mand. Oranges, Milk Sn: Animal Crackers, Milk
14 B: WG Cereal w/ Milk, Banana L: Meatballs w/ Sauce, Pasta, Green Beans,Trop. Mix Fruit, Milk Sn: Cheez-Its, Juice	15 B: WG English Muffins, Orange slices,Milk L: Sausage & Rice Cass. Corn , Pineapple, Milk Sn:Yogurt, Pretzel Goldfish, Water	16 B: WG Waffle, Apples, Milk L: Popcorn Chicken, Mashed Pot. Roll, Mixed Fruit, Milk Sn: Cheese, Cracker, Water	17 B: WG Cereal w/ Milk, Banana L: Tuna Noodle Cass. Peas, Peaches, Milk Sn: Graham Crackers, milk	18 B: WG Breakfast Pizza, Seasonal Fresh Fruit, Milk L: Ranch Chicken, Oven Roasted Potatoes, Roll, Applesauce, Milk Sn: Blueberry Mini Waffle, Milk
21 B: WG Cereal w/ Milk, Banana L: Taco Salad (Beef & Beans Rice, Cheese, Lettuce, Salsa) Trop. Mixed Fruit, Milk Sn: Snack Mix, Milk	22 B: WG Bagel, Orange slices, Milk L: Chic. Orzo Soup, Cucumbers, Clementines, Milk Sn: Animal Crackers, Milk	23 B: WG Waffle, Apples, Milk L: Shell Pasta w/ Meat Sauce, Green Beans, Pears, Milk Sn: Fruit, Crackers, Water	24 B: WG Cereal w/ Milk, Banana L: Baked Potato, Sausage, Roll, Peaches, Milk Sn: Cheese Sand. Crackers, Juice	25 B: Pancakes, Seasonal Fresh Fruit, Milk L: Fish Filet, Brown Rice, Mixed Veg. Trop. Mixed Fruit, Milk Sn: Animal Crackers, Milk
28 B: WG Cereal w/ Milk, Banana L: Smoked Sausage, Oven Roasted Potatoes, Roll, Pears, Milk Sn: Cheez-Its, Juice	29 B: WG English Muffins, Orange slices,Milk L: WG Pizza, Salad, Mixed Fruit, Milk Sn:Yogurt, Pretzel Goldfish, Water	30 B: WG Waffle, Apples, Milk L: Chic. Nuggets, Noodles, Corn, Peaches, Milk Sn: Cheese, Cracker, Water	31 B: WG Cereal w/ Milk, Banana L: Sweet & Sour Meatballs, Rice Mixed Veg. Mand. Oranges, Milk Sn: Graham Crackers, milk	

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

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