

JANUARY 2018 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CLOSED	Whole Wheat English Muffin Applesauce Milk	Cereal Banana Milk	Whole Wheat Toast w/ cheese slice Orange Juice Milk	French Toast stix Banana Milk
8	9	10	11	12
Whole Wheat Waffles w/syrup Applesauce Milk	Whole Wheat Bagel w/cream cheese Orange Milk	Oatmeal Raisins Milk	Whole Wheat English Muffin Banana Milk	Pancakes w/syrup Peaches Milk
15	16	17	18	19
Whole Wheat Toast w/cinnamon Apple Milk	Whole Wheat English Muffin Orange Milk	Whole Wheat Bagel w/cream cheese Raisins Milk	Whole Wheat Waffles w/syrup Applesauce Milk	Cereal Raisins Milk
22	23	24	25	26
Pancakes w/syrup Peaches Milk	Whole Wheat Toast w/cinnamon Apple Milk	Whole Wheat English Banana Milk	Raisin Toast Banana Milk	Whole Wheat Bagel w/cream cheese Orange Milk
29	30	31	Feb 1	Feb 2
Whole Wheat Toast w/cinnamon Apple Milk	Whole Wheat English Muffin Orange Milk	Whole Wheat Bagel w/cream cheese Raisins Milk	Whole Wheat Waffles w/syrup Applesauce Milk	Cereal Raisins Milk

JANUARY 2018 Lunch Menu

Harvest of the Month: Spinach

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CLOSED	Scrambled eggs Cherry Tomatoes Kiwi Mini Bagel	Spaghetti w/meat sauce Vegetable Medley Peaches	Chicken patty on bun Simple Sauteed Spinach (HM) Mixed berries	Ham & Cheese rollup Sliced Cucumber Watermelon
8	9	10	11	12
Sloppy Joe's Corn Apple Slices	Tomato Soup Grilled Cheese Banana Sweet Bell Peppers	Meatballs with gravy over Quinoa Mixed Vegetables Fruit Cocktail	Chicken Alfredo Cooked Broccoli Apple slice	Turkey & Cheese on wheat Sugar Snap Peas Cantaloupe
15	16	17	18	19
Peperoni & Cheese Pizza Bread Lettuce Salad Apple Slices	Banana Bread Cottage Cheese Fruit cocktail Celery/cucumber	Baked Fish Cabbage slaw Applesauce Rye Bread	Chicken vegetable noodle soup Apple slice Oyster Crackers	Salami & Cheese on multi grain sand thins Pickles Strawberries
22	23	24	25	26
Loaded baked potato Ham & Cheese Mandarins	Chicken Alfredo Simple Sauteed Spinach (HM) Mango	Mac & Cheese Baked Beans Carrot sticks	Turkey & Rice Casserole Green Beans Pear Slices	Roast beef on wheat with Cheese Cantaloupe

Bread Sticks	Garlic bread	Grapes		Raw Cauliflauer
29	30	31	1-Feb	2-Feb
Pasta Bake Red Grapes Lettuce Salad	Pizza Burgers Peas Apple	Rice Stir fry vegetables Chicken Oranges	BBQ pulled pork on a bun Cole slaw Banana	Chicken Salad Melon Raw Cauliflauer

All lunches served with 1% milk

JANUARY 2018 Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CLOSED	Apple Sauce Milk	Raisins or Craisins Milk	Plain Rice Cake with Sun butter	Plain or Multi Grain Cheerios w/ Milk
	Orange Slices Milk	Cottage Cheese Juice	Cantaloupe Milk	Wheat Cracker w/ Guacamole Milk
8	9	10	11	12
Apple sauce Milk	Raisins or Craisins Milk	Plain Rice Cake with Sun butter Water	Plain or Multi Grain Cheerios w/milk Water	Raisins or Craisins Milk
Banana Milk	Apple Slices w/ Cinnamon Milk	Grapes Milk	Graham Cracker Milk	Yogurt Juice
15	16	17	18	19
String Cheese Juice	Plain Rice Cake with Sun butter Water	Plain or Multi Grain Cheerios w/milk Water	Raisins or Craisins Milk	Apple sauce Milk
Broccoli & Carrots w/ hummus Milk	Pear Slices Milk	Wheat Cracker w/Guacamole Milk	Bell Peppers & Carrots w/hummus Milk	Hard boiled egg Milk
22	23	24	25	26
Plain Rice Cake with Sun Butter Water	Plain or Multi Grain Cheerios w/Milk Water	Raisins or Craisins Milk	Apple sauce w/cinnamon Milk	String Cheese Juice
Yogurt Juice	Graham Cracker Milk	Cuties Milk	Cucumber & Celery w/hummus Milk	Watermelon Milk
29	30	31	Feb 1	Feb 2
Apple sauce Milk	Raisins or Craisins Milk	Plain Rice Cake with Sun butter Water	Plain or Multi Grain Cheerios w/milk Water	Raisins or Craisins Milk
Banana Milk	Apple Slices w/ Cinnamon Milk	Grapes Milk	Graham Cracker Milk	Yogurt Juice