



# January



Meal	Monday 12/30	Tuesday 12/31	Wednesday 1/1	Thursday 1/2	Friday 1/3
Breakfast	Pancakes Bananas Milk	Cheerios Apples Milk		Bagels Apples Milk	Pancakes Bananas Milk
AM Snack	Pretzels Raisins	Fruit Loops Bananas		Yogurt Strawberries	Fruit Loops Apples
Lunch	Nachos Beans Mandarins Milk	Chicken Nuggets Carrots Apples Rolls Milk		Turkey Sandwich w/ lettuce Cucumbers Milk	Grilled Cheese Mixed Veggies Mixed Fruit Milk
PM Snack	Corn Flakes Milk	Pretzels Raisins		Chex Mix Peaches	Fruit Loops Milk

Meal	Monday 1/6	Tuesday 1/7	Wednesday 1/8	Thursday 1/9	Friday 1/10
Breakfast	Cheerios Bananas Milk	Pancakes Apples Milk	Corn Flakes Bananas Milk	Froot Loops Raisins Milk	Cheerios Bananas Milk
AM Snack	Chex Mix Apples	Wheat Thins Tangerines	Goldfish Raisins	Pretzels Applesauce	Cheerios Mixed Fruit
Lunch	Spaghetti Peas Mixed Fruit Milk	Quesadilla Beans Pears Milk	Chicken Nuggets Oranges Green Beans Roll Milk	Meatballs Mashed Potatoes Apples Roll Milk	Nachos w/ Black Beans Pears Milk
PM Snack	Bagels Raisins	Animal Crackers Milk	Chex Mix Apples	Chex Mix Peaches	Honey Grahams Milk



# January



Meal	Monday 1/13	Tuesday 1/14	Wednesday 1/15	Thursday 1/16	Friday 1/17
Breakfast	Kix Bananas Milk	French Toast Apples Milk	Muffins Bananas Milk	Cheerios Apples Milk	Fruit Loops Bananas Milk
AM Snack	Cheerios Milk	Goldfish Grapes	Pretzels Apples	Chex Mix Applesauce	Cheerios Milk
Lunch	Chicken w/ Mashed Potatoes Pineapples Roll Milk	Tostada w/ Black Beans Peas Peaches Milk	Chicken Sandwich Corn Applesauce Milk	Chicken Nuggets Mixed Vegetables Mandarins Milk	Meat Balls Mashed Potatoes Applesauce Milk
PM Snack	Pretzels Applesauce	Bagels Bananas	Goldfish Raisins	Goldfish Raisins	Animal Crackers Milk

Meal	Monday 1/20	Tuesday 1/21	Wednesday 1/22	Thursday 1/23	Friday 1/24
Breakfast		Cheerios Apples Milk	Lucky Charms Bananas Milk	Bagel Apples Milk	Corn Flakes Raisins Milk
AM Snack		Pretzels Applesauce	Bagels Milk	Chex Mix Raisins	Cheerios Mixed Fruit
Lunch		Jelly Sandwich Corn Oranges Yogurt Milk	Chicken Nuggets Mixed Veggies Apples Milk	Chicken Alfredo Carrots Mixed Fruit Milk	Beef Stew Rice Mashed Potatoes Oranges Milk
PM Snack		Chex Mix Raisins	Graham Crackers Milk	Chex Mix Peaches	Honey Grahams Milk



# January



Meal	Monday 1/27	Tuesday 1/28	Wednesday 1/29	Thursday 1/30	Friday 1/31
Breakfast	Lucky Charms Bananas Milk	Muffins Bananas Milk	Froot Loops Apples Milk	Cheerios Bananas Milk	Pancakes Bananas Milk
AM Snack	Chex Mix Peaches	Cheerios Milk	Pretzels Applesauce	Goldfish Mixed Fruit	Chex Mix Apples
Lunch	Jelly Sandwich Applesauce Corn Milk	Tacos w/ Lettuce Peaches Black Beans Milk	Rice w/ Beans Mixed Fruit Roll Milk	Chicken and Waffles Bananas Corn Milk	Pizza Carrots Pineapples Milk
PM Snack	Wheat Thins Milk	Goldfish Raisins	Bagel Bananas	Pretzels Applesauce	Animal Crackers Milk