

	January				
Week 4	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Breakfas	Oatmeal	Bagels, cream	Apples	Waffles	Strawberries
7:00AM	Applesauce	Grapes	Cheerios	Oranges	Special K strawberry
	Milk	Milk	cereal with milk	Milk	cereal with milk
Snack	Rice Krispies	String Cheese	Oatmeal Squares	Corn tortilla chips	Yogurt
9:30A	Mixed fruit	Goldfish crackers	Bananas	Salsa	Graham crackers
	Beef Barley Soup	Chicken Noodle Soup	Chicken Rice Soup	Borsch-veggie soup	Tomato Soup
Lunch	Cheese crackers	Wheat thins	Wheat bread	Grilled cheese on	Grilled cheese/turkey
11:	Potato tots	Garden salad	Garden salad / egg	Whole wheat bread	Whole Wheat Bread
12:	Oranges	Applesauce	Melon	Bananas	Pears
	Milk	Milk	Milk	Milk	Milk
Supper	Chicken Alfredo	Crunchy tacos	Ritz Crackers	Beef and cheese	Mozzarella cheese
	whole wheat	Beef, cheese, sour	cheese & turkey	quesadilla, corn	Pizza
4:00P	Cucumber	Black beans,	Baby carrots	salsa, sour cream	Baked Beans
	Peaches	Grapes	Apples	Pears	Pineapple
	Milk	Milk	Milk	Milk	Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	Whole grain rich	vegetable	fruit component	1 - 2y old-whole milk; 2 and over-1% milk	
This institution is an equal opportunity provider					

January					
Week 1	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Breakfas	Waffles	Pancakes	Oatmeal	Chex cereal	Cheerios
7:00AM	Oranges	Blueberries	Applesauce	Bananas	Strawberries
	Milk	Milk	Milk	Milk	Milk
Snack	Apples	Oatmeal squares	Oranges	Yogurt	String cheese
9:30A	Triscuit crackers	Oranges	Rice Krispies	Cheese Crackers	Raisins
	Split Pea Soup	Chicken Soup with	Broccoli Cheddar	Spinach Egg Soup	Tomato soup
Lunch	with Oatmeal	Brown rice	Triscuit crackers	Multi-Grain crackers	Mozzarella cheese
11:	Grilled Cheese	Cauliflower Frittata	Turkey breast	American cheese	flatbread
12:	Honey dew	Grapes	Pears	Pineapples	Apples
	Milk	Milk	Milk	Milk	Milk
Supper	Sloppy Joe	Macaroni and	Turkey and egg	Chicken Stir Fry	Loaded Nachos
	Sliders	Cheese	Fried rice	White rice	Cheese, Sour cream
4:00 P	Cucumber	Baked beans	Garden Salad	Asian Vegetables	Tomato, Beans, Salsa
	Bananas	Peaches	Mixed fruit	Mandarines	Grapes
	Milk	Milk	Milk	Milk	Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	whole grain rich	vegetable	fruit component	1 - 2y old-whole milk; 2 and over-1% milk	
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January					
Week 2	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Breakfas	Melon	Waffles	Cream cheese bagel	Pancakes	Oranges
7:00AM	Multigrain cheerios	Bananas	Strawberries	Applesauce	Frosted Mini-Wheats
	cereal with milk	Milk	Milk	Milk	Milk
Snack	Graham Crackers	Apples	Wheat Thins	Triscuit crackers	Cheese cubes
9:30A	American cheese	Oatmeal Squares	Grapes	Apples	Craisins
	Beef Barley Soup	Chicken Noodle Soup	Vegetarian	Borsch-vegetarian soup	Tomato Soup
Lunch	Goldfish crackers	Wheat thins	Lentil Soup	Garlic breadsticks	Grilled cheese on
11:	Potato tots	Garden salad	Cheese Quesadilla	Cheese cubes	Whole wheat bread
12:	Bananas	Oranges	Applesauce	Mandarins	Melon
	Milk	Milk	Milk	Milk	Milk
	Turkey and egg	Beef meatloaf	Whole grain penne	Chicken Alfredo	Ritz crackers
	Fried rice	Mash potato, pickles	with Beef and	Whole wheat routine	Turkey and Cheese
Supper	Cabbage salad	Wheat bread	Marinara	Cucumber	French fries
4:00P	Mixed fruit	Pears	Pineapple	Grapes	Apples
	Milk	Milk	Milk	Milk	Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	Vegetable	Fruit component	Whole grain rich	1- 2y old-whole milk; 2 and over-1% milk	
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January					
Week 3	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Breakfas	Melon	Oatmeal	Applesauce	Oranges	Waffles
7:00AM	Multigrain cheerios cereal with milk	Applesauce Milk	Special K strawberry cereal with milk	Chex cereal Milk	Apples Milk
Snack	Nilla wafers American cheese	Salsa Tortilla chips	Oatmeal squares Yogurt	Rice Krispies Bananas	Frosted mini wheats Grapes
Lunch	Beef Barley Soup Cheese crackers	Zesty Vegetable Beef Soup	Garbanzo soup with vegetables	Beef Sausage and Vegetable Sup	Tomato soup Triscuit crackers
11:	Potato tots	Cheese pizza	Cheese Quesadilla	Cheese on WWbread	Turkey breast
12:	Bananas Milk	Pears Milk	Mixed fruit Milk	Pineapples Milk	Honey dew Milk
Supper	Turkey and egg Fried rice	Baked chicken White rice	Macaroni and Cheese	Whole wheat pasta Beefstrogonoff	Beef franks Bun
4:00P	Cabbage salad Mixed fruit Milk	Tomatoes Bananas Milk	Baked beans Watermelon Milk	Cucumber Apples Milk	Garden salad Mixed fruit Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	Vegetable	Fruit component	Whole grain rich	1 - 2y old-whole milk; 2 and over-1% milk	
This institution is an equal opportunity provider					