

# January Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	1 	2 Cereal, Blueberries and Milk	3 Pancakes, Blueberries and Milk	4 Turkey Sausage Biscuit and Milk	5 Cinnamon Toast, Bananas and Milk
Lunch		Turkey & Cheese Roll Up, Sweet Potato Fries, Green Beans and Milk	Taco Salad, Black Beans, Pears and Milk	Spaghetti with Meat Sauce, Peas, Pears and Milk	Bean & Cheese Tacos, Mixed Vegetables, Mixed Fruit and Milk
PM Snack		Carrots W/Ranch (Toddler Substitute)	Muffins	Fruit	Goldfish
AM Snack	8 Bagels w/ Cream Cheese & Milk	9 Cereal with Blueberries and Milk	10 Waffles, Pineapples and Milk	11 Muffins W/Jelly, Applesauce and Milk	12 Chef's Choice
Lunch	Chicken Sandwichs, Pears & Corn and Milk	Turkey & Cheese Sandwich, Sweet Potato Fries, Green Beans and Milk	Cheese Tortellini, Mixed Veggies, Pears and Milk	Cheese Pizza, Peas, Pineapple and Milk	Chef's Choice
PM Snack	Yogurt & Graham Crackers	Carrots W/Ranch (Toddler Substitute)	Muffins	Fruit	Chef's Choice
AM Snack	15 	16 Cereal with Blueberries and Milk	17 Pancakes, Blueberries and Milk	18 Turkey Sausage Biscuit and Milk	19 Cinnamon Toast, Bananas and Milk
Lunch		Turkey & Cheese Roll Up, Sweet Potato Fries, Green Beans and Milk	Cheese Quesadilla, Black Beans, Corn and Milk	Penne Pasta, Peas, Applesauce and Milk	Teriaki Chicken w/Rice, Mixed Veggies, WG Bread & Milk
PM Snack		Carrots with Ranch (Toddler Substitute)	Muffins	Fresh Fruit	Animal Crackers
AM Snack	22 Bagels w/ Cream Cheese & Milk	23 Cereal with Blueberries and Milk	24 Waffles, Pineapples and Milk	25 Muffins W/Jelly, Applesauce and Milk	26 Chef's Choice
Lunch	Hamburger, Carrots, Pineapples and Milk	Turkey & Cheese Sandwich, Sweet Potato Fries, Green Beans and Milk	Chicken Tacos, Carrots, Pears and Milk	Mac & Cheese, Mixed Veggies, Mixed Fruit and Milk	Chef's Choice
PM Snack	Yogurt & Graham Crackers	Carrots with Ranch (Toddler Substitute)	Muffins	Fresh Fruit	Chef's Choice
AM Snack	20 Bagels w/ Cream Cheese and Milk	30 Cereal, Strawberries and Milk	31 Pancakes, Blueberries and Milk		
Lunch	Grilled Turkey & Cheese Sandwich, Carrots, & Pineapples	Turkey & Cheese Roll Up, Sweet Potato Fries, Green Beans and Milk	Soft Tacos, Black Beans, Pears and Milk		
PM Snack	Yogurt & Graham Crackers	Carrots with Ranch (Toddler Substitute)	Muffins		

\*Menu is subject to change