



January 2017 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack		3	4	5	6
Lunch	CLOSED - HAPPY NEW YEAR!!!	Cereal and Milk Grilled Cheese on Whole Grain Bread, Tomato Soup, Applesauce and Milk	Oatmeal Bars Ham Slice, Cauliflower, Peaches and Milk	Whole Grain Waffles Meatloaf with gravy, Lima Beans, Mashed Potatoes and Milk	Cereal and Milk Fish Sticks, Corn, Pears and Milk
PM Snack		Tortilla Chips and Salsa	Pudding	Whole Grain Goldfish and Milk	Waffle Grahams
AM Snack	9	10	11	12	13
Lunch	Oatmeal Bars Turkey Sloppy Joes on Whole Grain Roll, Peas & Carrots, Pineapple and Milk	Cereal and Milk Tortellini in Tomato Sauce, Green Beans, Mixed Fruit and Milk	Egg Patty Chicken Nuggets, Broccoli, Peaches and Milk	Yogurt and Fruit Bow Tie Pasta with Parmesan, Carrots, Mixed Fruit and Milk	Chef's Choice
PM Snack	Caramel Rice Cakes and Milk	Graham Crackers and Sunflower Butter	String Cheese and Wheat Thins	Spikers Ranch Crackers and Milk	
AM Snack	16	17	18	19	20
Lunch	Whole Grain Waffles with Apple Butter Sunflower Butter and Jelly on Whole Grain Bread, Fresh Carrot Sticks with Ranch Dressing, Oranges and Milk	Cereal and Milk Pizza, Applesauce, Peas and Milk	Whole Grain Bagel with Cream Cheese Whole Grain Mac & Cheese, Broccoli, Pineapple and Milk	Bananas and Milk Turkey Tacos, Salad with Ranch Dressing, Corn and Milk	Cereal and Milk Turkey Dogs on Whole Grain Roll, Sweet Potato Puffs, Apples and Milk
PM Snack	Apples	Yogurt and Raisins	Pretzels and Milk	Crackers and Cheese	Whole Grain Goldfish Crackers
AM Snack	23	24	25	26	27
Lunch	Cereal and Milk Diced Turkey, Rice Pilaf, Mixed Veggies and Milk	French Toast and Milk Hamburger on Whole Grain Roll, Green Beans, Mixed Fruit and Milk	Cereal and Milk Spaghetti and Meatballs, Salad with Ranch Dressing, Oranges and Milk	Whole Grain Muffins Ham and Cheese Sandwich on Whole Grain Bread, Bananas, Yogurt and Milk	Chef's Choice
PM Snack	Trail Mix and Milk	String Cheese and Wheat Thins	Oatmeal Cookie and Milk	Carrot Sticks with Ranch Dressing and Milk	
AM Snack	30	31			
Lunch	English Muffins with Sunflower Butter Grilled Cheese on Whole Grain Bread, Tomato Soup, Green Beans and Milk	Cereal and Milk Grilled Chicken Patty, Potatoes, Broccoli and Milk			
PM Snack	Pita and Hummus	Yogurt and Raisins			

