




January 2020 Menu



*Whole milk is served to children 2 and under

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	30 Sausage Patty/Wheat Bread Slice 1% Milk	31 Whole Grain Pancake with Sugar Free Syrup/1% Milk	1 	2 Whole Grain Cereal/1% Milk	3 Omelet/1% Milk
Lunch	Fiesta Rice with Pinto Beans/Fruit Cocktail/1% Milk	Cheese Ravioli with Marinara Sauce/Steamed Broccoli/Mandarin Oranges/1% Milk		Baked Corn Dog/Steamed Corn/Diced Pears/1% Milk	Beef Burrito/Steamed Green Beans/Pineapple Tidbits/1% Milk
PM Snack	Strawberries with Whipped Fruit Dip/Graham Crackers/Chilled Water	Fresh Banana/Vanilla Wafers/Chilled Water		Fresh Carrot w Ranch Dressing/Wheat Crackers/Chilled Water	Goldfish Crackers/100% Fruit Juice
Vegetarian	Macaroni and Cheese Nugget	Cheese Ravioli		Corn Nugget	Cheese Quesadilla
AM Snack	6 Pancake Wrapped Sausage Nuggets/1% Milk	7 English Muffin with Apple Butter/1% Milk	8 Oatmeal with Baked Apples/1% Milk	9 Whole Grain Cereal/1% Milk	10 Turkey Bacon/Wheat Bread Slice/1% Milk
Lunch	Baked Macaroni and Cheese/Steamed Peas/Diced Peaches/1% Milk	Creamy Chicken and Rice/Mixed Vegetables/Topical Fruit/1% Milk	Hamburgers on White Bun/Steamed Broccoli/Mandarin Oranges/1% Milk	Baked Chicken Nuggets/Dinner Roll/Lima Beans/Applesauce/1% Milk	Beef Stew with Mixed Vegetables, Steamed Rice/Fruit Cocktail/1% Milk
PM Snack	Caramel Quaker Rice Cakes/ 100% Fruit Juice	Pita Bread Triangle with Roasted Red Pepper Hummus	Sun Butter Spread with Graham Crackers/Chilled Water	Strawberry Chex Mix with Mixed Berry Blend/Chilled Water	Animal Crackers/Fresh Orange Slices/Water
Vegetarian	Creamy Butter Noodles	Sunbutter and Jelly Sandwich	Corn Nugget	Macaroni and Cheese Nugget	Cheesy Rice
AM Snack	13 Whole Grain Waffle with Sugar Free Syrup/1% Milk	14 Cheesy Grits/1% Milk	15 Blueberry Bagel with Cream Cheese Spread/1% Milk	16 Whole Grain Cereal/1% Milk	17 French Toast with Sugar Free Syrup/1% Milk
Lunch	Turkey Meatballs/Steamed Corn/Pineapple Tidbits/Dinner Roll/1% Milk	BBQ Chicken Sandwich on White Bun/Steamed Carrots/Diced Pears/1% Milk	Beef Stroganoff/Mixed Vegetables/Topical Fruit Salad/1% Milk	Baked Beef Nuggets/Steamed Carrots/Diced Peaches/Wheat Dinner Roll/1% Milk	Cheese Pizza/Steamed Green Beans/Mandarin Oranges/1% Milk
PM Snack	Ritz Crackers/Cheddar Cheese Cubes/Chilled Water	Fig Newton Bars/Chilled Water	Strawberry or Peach Yogurt/Craisins/Chilled Water	Goldfish/100% Fruit Juice	Fresh Pear/Wheat Crackers/Chilled Water
Vegetarian	Fiesta Rice with Pinto Beans	Sunbutter and Jelly Sandwich	Macaroni and Cheese Nugget	Vegetable Nugget	Cheese Pizza
AM Snack	20 Blueberry Muffin/1% Milk	21 Raspberry Nutri-Grain Bar/1% Milk	22 Baked Golden Hashbrown/1% Milk	23 Whole Grain Cereal/1% Milk	24 Toast with Grape Jelly/1% Milk
Lunch	Mozzarella Cheese Bread/Steamed Green Beans/Diced Pears/1% Milk	Meatloaf/Broccoli&Cauliflower Mix/Pineapple Tidbits/Wheat Bread Slice/1% Milk	Whole Grain Spaghetti/Succotash/Mandarin Oranges/1% Milk	Baked Fish Nuggets/Wheat Bread Slice/Peas and Carrots/Diced Peaches/1% Milk	Grilled Cheese/Tomato Soup/Fruit Cocktail/1% Milk
PM Snack	Cheese-Its/100% Fruit Juice	Mozzarella Cheese Stick/Fresh Diced Apples/Chilled Water	Soft Pretzels/Nacho Cheese/ Chilled Water	Strawberry Cheerio Snack Bar/Chilled Water	Trail Mix/Chilled Water
Vegetarian	Mozzarella Cheese Bread	Macaroni and Cheese Nugget	Baked Ziti	Vegetable Nugget	Baked Corn Nugget

