



January 2019 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31	1	2	3	4
AM Snack			Oatmeal Bars	Whole Grain Waffles	Cereal and Milk
Lunch	Chef's Choice	CLOSED - HAPPY NEW YEAR!!!	Grilled Chicken Patty, Cauliflower, Peaches and Milk	Meatloaf with gravy, Lima Beans, Mashed Potatoes and Milk	Grilled Cheese on Whole Grain Bread, Tomato Soup, Applesauce and Milk
PM Snack			Pudding	Whole Grain Goldfish and Milk	Animal Crackers
	7	8	9	10	11
AM Snack	Oatmeal Bars	Cereal and Milk	Egg Patty	Yogurt and Fruit	
Lunch	Turkey Sloppy Joes on Whole Grain Roll, Peas & Carrots, Pineapple and Milk	Tortellini in Tomato Sauce, Green Beans, Mixed Fruit and Milk	Chicken Nuggets, Broccoli, Peaches and Milk	Bow Tie Pasta with Parmesan, Carrots, Mandarin Oranges and Milk	Chef's Choice
PM Snack	Caramel Rice Cakes and Milk	Graham Crackers and Sunflower Butter	String Cheese and Wheat Thins	Spikers Crackers and Milk	
	14	15	16	17	18
AM Snack	Whole Grain Waffles with Apple Butter	Cereal and Milk	Whole Grain Bagel with Cream Cheese	Bananas and Milk	Cereal and Milk
Lunch	Diced Turkey, Rice Pilaf, Mixed Veggies and Milk	Pizza, Applesauce, Peas and Milk	Mac & Cheese, Broccoli, Pineapple and Milk	Turkey Tacos, Diced Potatoes, Corn and Milk	Ham Slice, Sweet Potato Puffs, Apples and Milk
PM Snack	Apples	Yogurt and Raisins	Oatmeal Cookie and Milk	Crackers and Cheese	Whole Grain Goldfish Crackers
	21	22	23	24	25
AM Snack	Cereal and Milk	French Toast and Milk	Cereal and Milk	Whole Grain Muffins	
Lunch	Diced Turkey, Rice Pilaf, Carrots and Milk	Hamburger on Whole Grain Roll, Green Beans, Mixed Fruit and Milk	Spaghetti with Meatsauce, Salad with Ranch Dressing, Oranges and Milk	Ham and Cheese Sandwich on Whole Grain Bread, Bananas, Yogurt and Milk	Chef's Choice
PM Snack	Trail Mix and Milk	String Cheese and Crackers	Animal Crackers and Milk	Graham Crackers with Sunbutter	
	28	29	30	31	1
AM Snack	Oatmeal Bars	Cereal and Milk	Pancakes	Muffins	Cereal and Milk
Lunch	Sweet and Sour Chicken, Rice, Mandarin Oranges and Milk	Grilled Chicken Patty, Potatoes, Broccoli and Milk	Tuna on Whole Grain Bread, Smile Fries, Applesauce and Milk	Turkey Chili, Corn Bread, Mixed Veggies and Milk	Fish Sticks, Corn, Pears and Milk
PM Snack	Pita and Hummus	Yogurt and Raisins	Goldfish Crackers	Pudding	Waffle Grahams

