



January 2020 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
AM Snack				Cottage cheese and Peaches	Rice cakes with Sunbutter
Lunch			Cheseterbrook Closed for New Year's Day	Baked Ziti, Green Beans, Mixed Fruit(v. Spaghetti with Marinara sauce)	Chicken Patties, Mixed Veggies, Apple slices (v. Cheese Sandwich)
PM Snack				Cucumbers and Ranch dressing Inf/Tod Applesauce and Cherrios	Fig Newtons and Fresh fruit
	6	7	8	9	10
AM Snack	Blueberry Muffins	Pancakes with Organic Milk	Yogurt with Granola (I/T: Yogurt with Graham Crackers)	Hawaiian Rolls with Spinach Dip	Cinnamon Pita Chips. Inf/Tod Graham Crackers
Lunch	Chicken Stir fry, Sir fry veggies, Mixed fruit (v. Cheese Sandwich)	Turkey Wraps, Green Beans, and Blueberries (v. Cheese wrap)	Meatballs, Potato Pancakes, Mango (v. Cheese Quesadilla)	Spanish Rice, Broccoli, Peaches (v. Vegetarian Rice)	Chicken and Cheese Quesadillas, Cauliflower, Pineapple (v.Cheese Quesadilla)
PM Snack	Homemade Chex mix	Cheez -Its and Fresh Fruit	Wheat thins with cheese slices	Veggie Staws and string cheese	Ritz Crackers with Sun Butter. Inf/ Tod Ritz Crackers and cheese slices
	13	14	15	16	17
AM Snack	Warm Oatmeal with Bananas	Waffles with Organic Milk	Graham Crackers with Grape Jelly	Nutrigrain Bars with Orange slices	Pancakes with Organic Milk
Lunch	Spaghetti and Meatballs, Peas and Carrots, Mixed fruit (v. Spaghetti with Marinara Sauce)	Chicken Nuggets, Sweet Potato Tots, Fresh fruit. (v. Sun Butter and Jelly Sandwich)	English Muffin Pizzas, Fresh Salad, Fresh fruit (v. Cheese Pizza)	Chicken and Rice Bake, Broccoli, Pineapple (v. Cheese Wrap)	Ham and Cheese Sandwich on Hawaiian Rolls, Carrots, Mango (v. Cheese sandwich)
PM Snack	Whole Grain Tortilla Chips and Salsa. Inf/ Tod Ritz Crackers	Applesauce and Cherrios	Cheddar Sun Chips. Inf/Tod Goldfish	Crackers and String cheese	Celery sticks with Cream cheese
	20	21	22	23	24
AM Snack	Bagels with Cream Cheese	Warm Oatmeal with Fresh fruit	Yogurt with Granola (I/T: Yogurt with Graham Crackers)	French Toast Sticks with Organic Milk	Cottage Cheese and Fresh Fruit
Lunch	Sloppy Joes, Broccoli, Orange Slices (v. Cheese Quesadilla)	Chicken Tenders, Sweet potato tots, Applesauce (v. Sun Butter and Jelly Sandwich)	Cheeseburgers, Green Beans, Mixed Fruit (v. Sun Butter and Jelly Sandwich)	Chicken Alfredo Pasta, Peas and Carrots, Peaches (v. Alfredo Pasta)	Homemade Sausage Pizza, Carrots, Mixed fruit (v. Cheese Pizza)
PM Snack	Bosco Sticks with Marinera	Homemade Chex Mix	Crackers with Pepperoni and Cheese Squares	Whole Grain Tortilla Chips with Salsa	Pretzel Bites with Cheese Sauce
	27	28	29	30	31
AM Snack	Blueberry Muffins	Waffles with Organic Milk	Bagels and Cream Cheese	Cinnamon Rolls with Organic Milk	Nutrigrain Bars and Fresh Fruit
Lunch	Chicken Salad, Green Beans, Mango (v. Sun Butter and Jelly Sandwich)	Beef Tacos, Peas and Carrots, Mixed Fruit (v. Cheese Quesadilla)	Chicken Fajitas, Fajitas veggies, Pineapple (v. Cheese Quesadilla)	Grilled Cheese Sandwiches, Green Beans, Fresh fruit	Homemade Pepperoni Pizza, Mixed Veggies, Peaches, (v. Cheese Pizza)
PM Snack	Graham Crackers and Sun Butter	Bosco Sticks with Marinara Sauce	Cheez - Its and String Cheese	Carrot Sticks with Ranch Dressing	Ham and Cream Cheese Roll ups