

# January 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
AM Snack	cereal		muffin	apple sauce	yogurt
Lunch	pizza, salad, fruit	Chef's Choice	fettuccini alfredo w/spinach, rolls	cheeseburger sliders,veggie, baked beans, fries	sunbutter & jelly uncrustable, wheat chips, fruit
PM Snack	vanilla wafers		graham crackers	carrot sticks w/hummus	animal crackers
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
AM Snack	oatmeal bar		cereal	banana	bagels w/cream cheese
Lunch	bbq chicken fried rice w/veggie, fruit	Chef's Choice	grilled cheese, soup, fruit	mini pancakes, hash browns, fruit	tacos, yellow rice, cucmbers w/dip
PM Snack	apricots		pudding	waffle grahams	fruit
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
AM Snack	yogurt		apple sauce	cereal	granola bar
Lunch	pulled chicken sliders, fries, fruit	Chef's Choice	shep pie, fruit	cheesy broccoli chicken rice, fruit	meat loaf sandwich, veggie, fruit
PM Snack	fig newtons		sunbutter & crackers	teddy grahams	peppers w/dip
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
AM Snack	muffin		banana	oranges	yogurt
Lunch	chicken & rice burrito , veggie, fruit	Chef's Choice	chicken nuggets, butter & herb noodles, veggie	french toast sticks, turkey sausage, fruit	mini ravioli, salad, fruit
PM Snack	tortilla chips w/salsa		fruit	cheese sticks	oatmeal cookies
	<b>31</b>				
AM Snack	apple slices				
Lunch	salsbury steak nuggets, mashed potato, veggie				
PM Snack	graham crackers				