



# January 2022 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	3	4	5	6	7
<b>AM Snack</b>	Turkey Sausage and Hashbrowns with Water	Oatmeal and Bananas with Water	Yogurt with Fresh Fruit and Water	Graham Crackers and Grape Jelly with Water	Rice Krispy's and Milk
<b>Lunch</b>	Cheesy Rice with Ham Bake, Carrots, and Peaches (v. Veggie Crumble Rice Bake)	Cheese Pizza with Pepperoni, Fresh Salad, Mangos, and Milk	Sloppy Joe's, Mixed Veggies, Mixed Fruit, and Milk	Chicken Quesadilla, Peaches, Green Beans, and Milk	Chicken Nuggets, Green Beans, Applesauce, and Milk (v: Veggie Burger)
<b>PM Snack</b>	Goldfish Crackers and Fresh Fruit with Water	Sweet Potato Crackers and Cream Cheese with Water	Animal Crackers and Fresh Fruit with Water	Townhouse Crackers and Cheese with Water	Apples and Sun Butter (I/T: Graham Crackers)
<b>Breakfast</b>	10	11	12	13	14
<b>AM Snack</b>	Toast with Jelly and Water	Pancakes and Milk	Graham Crackers and Yogurt with Water	Nutrigrain Bar and Milk	Watermelon and String Cheese
<b>Lunch</b>	Waffles, Turkey Sausage, Broccoli, Peaches, and Milk	Ham and Cheese Roll Up, Peas, Mandarin Oranges, and Milk (Sun Butter and Jelly Roll Up)	Chicken Alfredo, Zucchini, Applesauce, and Milk	Mac and Cheese with Diced Ham, Diced Peaches, Peas, and Milk (v: Mac and Cheese with Veggie Crumbles)	Chicken Stir Fry with Stir fry Vegetables, Peas, and Milk
<b>PM Snack</b>	Naan Bread and Sun Butter with Water	Wheat Thins and Cheese Slices with Water	Goldfish Crackers and Fresh Fruit with Water	Vegetable Crackers and Bean Dip	Muffins and Milk
<b>Breakfast</b>	17	18	19	20	21
<b>AM Snack</b>	Animal Crackers and Fruit with Water	English Muffins and Jelly with Water	Waffles and Milk	Chex and Milk	Graham Crackers and Cream Cheese with Water
<b>Lunch</b>	Creamy Chicken and Noodle Casserole, Peas, Pears (v: Cream of Mushroom Casserole)	Beef Raviolis, Broccoli, Mangos, and Milk (v: Beef Sub Crumbles )	BBQ Chicken, Mixed Veggies, Peaches, and Milk (v: Veggie Burger)	Ham and Cheese on a Hawaiian Roll, Carrots, Pineapple, and Milk (v: Sun Butter and Jelly on Hawaiian Roll)	Pepperoni Pizza, Green Beans, Applesauce, and Milk (v: Veggie Burger)
<b>PM Snack</b>	Tortilla Chips and Nacho Cheese with Water (I/T: Puffs and Fruit)	Graham Crackers and Fresh Fruit with Water	Soft Pita Bites and Nacho Cheese with Water	Sweet Potato Crackers and Cream Cheese with Water	Wheat Crackers and Bananas with Water
<b>Breakfast</b>	24	25	26	27	28
<b>AM Snack</b>	Cheerios and Milk	Biscuits and Jelly with Water	Oatmeal and Bananas with Water	Muffins and Milk	Bagel and Cream Cheese with Water
<b>Lunch</b>	Chicken Tacos, Carrots, Mixed Fruit, and Milk (v: Veggie Crumble Tacos)	Chicken Parmesan, Peas, and Applesauce with Milk	Cheeseburger Sliders, Salad, Mandarin Oranges, and Milk (v: Veggie Burger)	Baked Mostaccioli with Beef Crumbles, Broccoli, Mangos, and Milk	Beef Tacos, Green Beans, Mangos, and Milk (v: Beef Sub Crumbles )
<b>PM Snack</b>	Cottage Cheese and Peaches	Pita Bread and Sun Butter with Water	Fresh Fruit and Graham Crackers with Water	Tortilla Chips and Salsa	Bosco Sticks and Marinara with Water
<b>Breakfast</b>	31				
<b>AM Snack</b>	Yogurt with Fruit and Water				
<b>Lunch</b>	Grilled Cheese, Tomato Soup, Carrots, Pineapple, and Milk (v: Sun Butter and Jelly on Hawaiian Roll)				
<b>PM Snack</b>	Corn Bread and Milk				