



# January 2022 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast					
AM Snack					
Lunch					
PM Snack					
Breakfast	3 Cereal & Milk	4 Cereal & Milk	5 Cereal & Milk	6 Cereal & Milk	7 Cereal & Milk
AM Snack	String Cheese, Cracker, Water	Oatmeal, Craisins, Water	Danish	Cottage Cheese & Pineapple	Ritz Crackers, Sunbutter, Water
Lunch	Chicken Nugget, Potato Wedges, Peaches, Milk	Taco w/ cheese, lettuce, Mangos, Tortilla Shell, Milk	Beef Gulosh, Winter Blend, Tropical Fruit, Milk	Pizza, Salad w/ dressing, Pears, Milk	Tuna Salad, Sweet Potato Tots, Honeydew, Roll, Milk
PM Snack	Vanilla Goldfish	Goldfish	Cinnamon Bread, Cream Cheese, Water	Sweet Potato Crackers	Teddy Grahams
Breakfast	10 Cereal & Milk	11 Cereal & Milk	12 Cereal & Milk	13 Cereal & Milk	14 Cereal & Milk
AM Snack	Blueberry Bread, Cream Cheese, Water	French Toast Sticks	Veggie Wheat Thins	Bagel, Strawberry Cream Cheese, Water	Apple Cinnamon Straw
Lunch	Eggroll, Green Bean, Mardiarn Oranges, Milk	Mac & Cheese, Cauliflower, Peaches, Milk	Red Beans Rice, Corn, Strawberries, Milk	Lasagna, Peas & Carrots, Pineapple, Milk	Turkey & Cheese Sandwich, Macaroni Salad, Apricot, Milk
PM Snack	Cinnamon Bar	Fig Newton, Apples, Water	Wafers, Applesauce, Water	Oatmeal Apple Bars	Mixed Snack
Breakfast	17 Cereal & Milk	18 Cereal & Milk	19 Cereal & Milk	20 Cereal & Milk	21 Cereal & Milk
AM Snack	Nurti-Grain Bar	String Cheese, Wheat Thins	Bug Bite Crackers	Veggie Straw	Cheez-It
Lunch	Chicken Fries, Veggie Baked Beans, Mangos, Milk	Salsbury Steak, Mashed Potato, Banana, Corn Bread, Milk	Chef's Choice, Mixed Veggie, Mixed Fruit, Milk	Cheese Quesadilla, Carrots, Mandarin Oranges, Milk	Sunbutter & Jelly Sandwich, Coleslaw, Applesauce, Milk
PM Snack	Animal Cracker	Muffin Top	Biscuit, Apple Butter, Water	Yogurt, Graham Crackers	Lorna Doone Shortbread
Breakfast	24 Cereal & Milk	25 Cereal & Milk	26 Cereal & Milk	27 Cereal & Milk	28 Cereal & Milk
AM Snack	Oatmeal Apple Bar	Danish	Cheese, Crackers, Water	Cinnamon Roll	Lemon Bar
Lunch	Sweet & Sour Chicken, Corn, Pears, Roll, Milk	Moz. Breadsticks, Green Beans, Apples, Milk	French Toast, Eggs, Tater Nuggets, Strawberries, Milk	Cheese Tortellini in Alfredo Sauce, Peas, Garlic Bread, Milk	Chicken Salad Wrap, Potato Salad, Peaches, Milk
PM Snack	Soft Pretzel, Cheese, Water	Pita Bread, Hummus, Water	Apple Cinnamon Granola Bar	Tortilla Chips and Salsa	Mixed Snack