



January Snack/Lunch Menu

GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = Infant/Toddler Alternative

	MON	TUES	WED	THURS	FRI
	Dec. 29	Dec. 30	Dec. 31	1	2
AM Snack	WG Cereal, Milk	WG Mini Bagel, Cream Cheese, Milk	WG Cereal Oatmeal Bar, Milk		WG Blueberry Muffin, Milk
Lunch	BBQ Chicken, Peas and Carrots, Diced Peaches, Milk	Turkey & Cheese on a WG Tortilla, Diced Pears, Green Beans, Milk	Diced Chicken Alfredo with WG Pasta, Tropical Fruit, Sweet Peas, Milk	School Closed - Happy New Year!	Scrambled Egg Patty, WG Biscuit, Turkey Sausage, Fruit Mix, Milk
PM Snack	Assorted Snacks, Chilled Water	Vanilla Wafers, Vanilla Pudding, Water	Early Dismissal		Wheat Thin Crackers, Mozzarella String Cheese, Water
	5	6	7	8	9
AM Snack	WG Cereal, Milk	WG Pancake, Milk	WG Granola, Yogurt, Milk	WG Banana Muffin, Milk	WG Scooters Cereal, Milk
Lunch	Cheese Pizza on WG Crust, Mixed Veggies, Tropical Fruit, Milk	Chicken Patty on WG Bread, Diced Peaches, Corn, Milk	Sunbutter on WG Bread, Diced Carrots, Diced Pears, Milk	WG Chicken Nuggets, Pineapple Tidbits, Green Beans, Milk	Hamburger Patty, Mandarin Orange, Sweet Potato Fries, Milk
PM Snack	WG Graham Crackers, Water	Fresh Apple Slices, Sunbutter, Water	Townhouse Crackers, Cheese Slice, Water	WG Goldfish Crackers, Water	Cucumber Slices, Ranch Dressing, Water - Diced Cucumber Slices
	12	13	14	15	16
AM Snack	WG Cereal, Milk	WG Waffle, Milk	WG Cereal Oatmeal Bar, Milk	Yogurt, WG Granola, Milk	WG Biscuit, Turkey Sausage Milk
Lunch	Mac N Cheese with WG Pasta, Broccoli, Diced Peaches, Milk	Diced Chicken with Teriyaki Sauce, Brown Rice, Corn, Mandarin Oranges, Milk	Turkey Crumbles w/ Tomato Sauce & Cheese on a WG Bun, Applesauce, Green Beans, Milk	Diced Turkey Ham, Cornbread, Mixed Veggies, Fruit Cocktail, Milk	Beef or Turkey Burger with Cheese on a WG Bun, Potato Wedges, Pineapple Tidbits, Milk
PM Snack	Fig Newton Bars, Water	WG Trail Mix, Water	WG Pita, Hummus, Water	Fresh Apple Slices, Mozzarella String Cheese, Water	Townhouse Crackers, American Cheese Slice, Water
	19	20	21	22	23
AM Snack		WG Toasted Oats Cereal, Milk	WG Oatmeal Cereal Bar, Milk	WG French Toast Sticks, Milk	Chef's Choice Day
Lunch	MLK Day - School Closed	Diced or Shredded Chicken with BBQ Sauce, Broccoli, Pineapple Tidbits, Milk	Cheese Pizza with WG Crust, Peas & Carrots, Tropical Fruit, Milk	Beef or Turkey Meatloaf, Diced Peaches, Mashed Potatoes, Milk	Chef's Choice Day
PM Snack		WG Cheez Itz, Water	WG Soft Pretzel Rod, Applesauce, Water	Fresh Banana, Animal Crackers, Water	Chef's Choice Day
	26	27	28	29	30
AM Snack	WG Cereal, Milk	WG Waffle, Milk	WG Muffin, Milk	Yogurt, WG Granola, Milk	WG Bagel, Cream Cheese Milk
Lunch	Mac N Cheese with WG Pasta, Broccoli, Diced Peaches Milk	Diced Chicken with Teriyaki Sauce Brown Rice, Corn, Mandarin Oranges, Milk	Turkey Crumbles w/ Tomato Sauce & Cheese on a WG Bun, Applesauce, Green Beans, Milk	Diced Turkey Ham, Cornbread, Mixed Veggies, Fruit Cocktail, Milk	Beef or Turkey Burger with Cheese on a WG Bun, Potato Coins, Pineapple Tidbits, Milk
PM Snack	WG Animal Crackers Water	Fresh Banana, Yogurt, Water	WG Pita, Hummus, Water	Fresh Apple Slices, Mozzarella String Cheese, Water	Townhouse Crackers, Cheese Slice, Water

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz) Canned fruit are in natural juices.

