



MENU JANUARY 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31	1	2	3	4
Breakfast	*Kix Cereal & Peaches	CLOSED Happy Holidays! 	*English Muffin & Pears	Muffin Bar & Bananas	*Scrambled Eggs English Muffin & Pears
Lunch	*Chicken Chop Suey Mixed Vegetables Brown Rice & Pineapple		Beef & Baked Bean Chili Cornbread Peaches	*Turkey Pot Pie w/Biscuit Mixed Veg & Pineapple	*Macaroni & Cheese Cucumbers Peaches
Snack	Yogurt *Graham Crackers		Apples, Celery & Sunbutter	Mixed Fruit & Milk	Cheez it's & Applesauce
	7	8	9	10	11
Breakfast	*Life Cereal & Peaches	*Pancakes & Banana	*Bagel w/Cream Cheese Applesauce	*Cheerios & Pineapple	*Pancakes & Bananas
Lunch	*Orange Chicken Brown Rice Broccoli & Pineapple	*Scrambled Eggs Turkey Sausage w/Biscuit Roasted Zucchini & Pears	*Sunbutter & Jelly Cottage Cheese Cucumbers & Peaches	*Chicken Tenders Cheesy Potatoes Green Beans & Pears	*Beef Lasagna Hotdish Italian Blend Veggies Applesauce
Snack	Yogurt & *Animal Crackers	String Cheese Goldfish Crackers	Fresh Veggies w/dip *Bean & Veggie Crackers	Fruit Crisp & Milk	*Bagel "Donuts" Mixed Fruit
	14	15	16	17	18
Breakfast	*Chex Cereal & Applesauce	*French Toast & Pears	Breakfast Banana Split (Banana, yogurt, Cheerios & mixed fruit)	*Life Cereal & Pineapple	*English Muffin Peaches
Lunch	Hamburger Wild Rice Blend Broccoli & Pineapple	*Turkey Sausage w/Cheese, English Muffin Mandarin Oranges Peas	*Fish Sticks Baked Beans Corn & Pears	*Ranch Chicken Pasta Glazed Carrots Applesauce	*Italian Dunkers Capri Blend Veg Mandarin Oranges
Snack	Yogurt & *Graham Crackers	Apples, Celery & Sunbutter	Cottage Cheese Peaches & Cucumbers	Cornbread & Milk	Fruit & Yogurt Parfait
	21	22	23	24	25
Breakfast	*Cheerios & Pears	*French Toast & Bananas	*Bagels w/Cream Cheese & Peaches	Muffin Bar & Pineapple	*Bagels w/Cream Cheese Mixed Fruit
Lunch	*Beef Lo Mein Carrots & Broccoli Applesauce	*Chicken Panini Flatbread Capri Blend Veg Pineapple	*Korean Beef Bowl Zucchini & Carrots Brown Rice & Pears	*Huevos Rancheros: Flatbread, Scrambled Eggs, Cheese & Salsa Black Beans, Corn & Pears	*Pizza Malibu Blend Veg Peaches
Snack	Yogurt & *Animal Crackers	String Cheese *Wheat Thins	Fresh Veggies Spinach Dip	Banana Yogurt Parfait	*Lemon Blueberry Bites Applesauce
	28	29	30	31	1
Breakfast	*Kix Cereal & Pineapple	*Pancakes & Bananas	Muffin Bar Mandarin Oranges	*Pancakes & Peaches	*English Muffin Banana & Sunbutter
Lunch	*Chicken Taco Rice Black Beans & Corn Mandarin Oranges	*Tater Tot Hotdish Green Beans Pears	*Chicken Tenders Garden Salad Carrots & Applesauce	Chicken & Corn Chowder Cornbread & Pears	*Macaroni & Cheese Capri Blend Veg Peaches
Snack	Yogurt & *Graham Crackers	*Banana Bread & Milk	Cottage Cheese Pineapple	Cheese *Wheat Thins	Apples Sunbutter-Yogurt Dip

Breakfast & lunch are served with unflavored-hormone free 1%(2-13yrs) or whole (1-2yrs) milk & snack is served with water unless otherwise noted.

*Indicates that the item/meal meets the USDA whole grain rich criteria. We may substitute items based on availability.