



# January Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	4 Graham Crackers with Cream Cheese	5 Hash Browns and Sausage	6 Oatmeal with Strawberries	7 Waffles with Jelly	8 Rice Chex and Milk
<b>Lunch</b>	Shepherd's Pie with Ground Beef, Peas and Carrots, Fruit, Milk	Spaghetti with Meat Sauce, Broccoli, Pears, Milk	Chicken Fried Rice with Mixed Vegetables, Mango, Milk	Turkey and Cheese Sandwich, Carrot Sticks, Fruit Salad, Milk	Ranch Pasta Salad with Pepperoni, Veggies, Peaches, Milk
<b>PM Snack</b>	Pretzels with Sunbutter	Snack Mix with Milk	String Cheese and Crackers	Pita Chips with Hummus	Pudding and Animal Crackers
<b>AM Snack</b>	11 Pancakes with Banana	12 Blueberry Muffins	13 English Muffin with Cheese	14 French Toast Sticks and Apples	15 Fruit and Grain Bar
<b>Lunch</b>	Chicken Nuggets, Peas, Mixed Fruit, Milk	Sloppy Joe on a Bun, Green Beans, Pineapple, Milk	Macaroni and Cheese, Mixed Vegetables, Cinnamon Apples, Milk	Bean and Cheese Burrito, Corn, Pears, Milk	Cheesy Potatoes with Ham, Carrots, Strawberries, Milk
<b>PM Snack</b>	Tortilla Chips and Salsa	Soft Pretzel Bites with Cheese	Pepperoni and Crackers	Yogurt Covered Pretzels	Cornbread with Blueberries
<b>AM Snack</b>	18 Bagels with Cream Cheese	19 Scrambled Egg and Sausage	20 Blueberries and Cream Oatmeal	21 Waffles with Strawberry Topping	22 Cheese Quesadilla
<b>Lunch</b>	Salisbury Steak, Mashed Potatoes, Mango, Milk	Tater Tot Casserole with Ground Beef, Green Beans, Peaches, Milk	Teriyaki Chicken Fried Rice, Peas and Carrots, Mandarin Oranges, Milk	Lasagna, Broccoli, Pineapple, Milk	Fish Sticks, Green Peas, Pears, Milk
<b>PM Snack</b>	String Cheese and Oranges	Cereal Snack Mix and Banana	Cinnamon Cream Cheese Roll-up	Apples and Sunbutter	Yogurt with Graham Cracker Dippers
<b>AM Snack</b>	28 Toasted English Muffin with Jelly	29 Kix Cereal and Milk	30 Cheese Toast	31 Mixed Berry Muffins	1 Biscuits with Sausage Gravy
<b>Lunch</b>	Chicken Patty on a Bun, Peas, Mandarin Oranges, Milk	Taco Casserole, Green Beans, Mango, Milk	Ham and Cheese Sandwich, Tomato Soup, Banana, Milk	Spaghetti with Meat Sauce, Corn, Pineapple, Milk	Sweet and Sour Chicken over Rice, Asian Vegetable, Peaches, Milk
<b>PM Snack</b>	Pita Chips with Hummus	Cheddar Cheese Cubes and Crackers	Carrots with Ranch Dip	Strawberry Yogurt Parfait	Granola Bars with Milk