



January Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1. CLOSED New Year's Day Holiday Observed	2. Breakfast: Cheerios (WG), Pears, Milk Lunch: Fish Sticks, Mac & Cheese, Carrots, Pineapple, Milk Snack: String Cheese, Ritz Crackers, Water	3. Breakfast: Mixed Muffins, Apple sauce, Milk Lunch: Cheeseburger on a bun, Tater Tots, Pea & Carrots, Pineapple, Milk Snack: Pretzels, Grapes	4. Breakfast: French Toast Sticks w/Syrup, Sliced Strawberries, Milk Lunch: Ham & Cheese Sandwich on Whole Grain Bread (WG), Tatar Tots, Mixed Fruit, Milk Snack: Cheese-It Crackers, 100% Apple Juice
7. Breakfast: Croissants, Apple Slice, Milk Lunch: Spaghetti w/Meat Sauce, Sliced Cuban bread, Romaine Lettuce w/Shredded Carrots, Orange, Milk Snack: Animals Crackers, Milk	8. Breakfast: Cheerios (WG), Pineapple, Milk Lunch: Red Beans, White Rice, Corn, Peaches, Milk Snack: Yogurt, Pears, Water	9. Breakfast: Egg & Turkey Wrap up, Oranges, Milk Lunch: Sloppy Joe on a Bun, Baked Beans, Pears, Milk Snack: Pretzels, Grapes, Water	10. Breakfast: Whole Grain Toast w/butter or Jelly, Mixed Fruit, Milk Lunch: Salisbury Steak w/Gravy, Mashed Potatoes, Green Beans, Peaches, Milk Snack: Cheese it Crackers, Milk	11. Breakfast: French toast Sticks w/Syrup, Applesauce, Milk Lunch: Cheese Quesadilla, Oven Fries, Sliced Pears, Milk Snack: Goldfish, Milk
14. Breakfast: Cinnamon Toast, Peaches Sliced, Milk Lunch: Baked Zit w/ Cheese, sliced Whole Grain Bread (WG), Romaine Lettuce w/Carrots, Peaches, Milk Snack: Tortilla Chip, Cheese Sauce, 100% Grape Juice	15. Breakfast: Biscuits, Mixed Fruit, Milk Lunch: Chicken Sandwich on Whole Grain Bun (WG), Mixed Veggie, Oranges, Milk Snack: Whole Grain Goldfish, Sliced Strawberries, Water	16. Breakfast: Wheat Chex Cereal (WG), Applesauce, Milk Lunch: Yellow Rice, Sliced Hotdogs, Carrots, Peaches, Milk Snack: Graham Crackers, Milk	17. Breakfast: Whole Grain Bagels w/Cream Cheese, Oranges, Milk Lunch: Shepard Pie w/Ground Beef, Mixed Veggies, Pineapple, Milk Snack: Pretzels, Grapes, Water	18. Breakfast: Pancakes w/Syrup, Apple Slices, Milk Lunch: Ham & Cheese Roll up on Soft Whole Grain Wheat Tortillas (WG), Sweet Peas, Pineapple, Milk Snack: Chex Party Mix, 100% Apple Juice
21. Breakfast: Whole Grain Toast (WG), Applesauce, Milk Lunch: Beef Ravioli, Italian Bread, Romaine Lettuce w/ Shredded Carrots, Pears, Milk Snack: Graham Crackers, Milk	22. Breakfast: Rice Crispy Cereal, Sliced Bananas, Milk Lunch: Soft Taco w/Ground Meat, Shredded Cheese, Lettuce, Brown Rice (WG), Pears, Milk Snack: Ritz Bits Crackers w/Cheese, 100% Grape Juice	23. Breakfast: Waffles w/Syrup, Mixed Fruit, Milk Lunch: Chicken Nuggets, Mashed Potatoes, Broccoli, Oranges, Milk Snack: Wheat Thin Crackers (WG), Peaches, Water	24. Breakfast: Bagels w/Cream Cheese, Pears, Milk Lunch: Beef Pizza, Corn, Apple Sauce, Milk Snack: Goldfish, Milk	25. Breakfast: Croissants, Applesauce, Milk Lunch: Mini Corn Dogs, Tater Tots, Pineapple, Milk Snack: Club Crackers, String Cheese, Water
28. Breakfast: Croissants w/Jelly, Mixed Fruit, Milk Lunch: Penne Pasta w/ Meatballs, Romaine Lettuce w/Carrots, Peaches, Milk Snack: Apple Slices, Saltine Crackers w/cheese, Water	29. Breakfast: Scrambled Egg & Cheese (WG) Tortilla Wraps, 100% Orange Juice, Milk Lunch: Salisbury Steak w/Gravy, Mashed Potatoes, Green Beans, Mixed Fruit, Milk Snack: Chex Mix, 100% Apple Juice	30. Breakfast: Cornflake Cereal, Sliced Pears, Milk Lunch: Ground Beef, White Rice, Peas & Carrots, Pineapple, Milk Snack: Wheat Thins Crackers, Milk	31. Breakfast: Rice Crispy Cereal, Sliced Bananas, Milk Lunch: BBQ Pork Ribs, Whole Grain (WG) Bread, Green Beans, Oranges, Milk Snack: Goldfish, 100% Apple juice	Updated: 1/21/19