

Holli-Hills January 2021 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
January 4-8	AM Snack:	Fruit & Grain Bar	Oatmeal	Cereal	Graham crackers	Cinnamon Toast
	Lunch:	Ham and cheese on Wheat bread Carrots Raisins	Bean and cheese Nachos Corn Apple Slices	Chicken Nuggets Macaroni and cheese Green Beans Fruit Cocktail	Bean and cheese on Corn tortilla Mixed Vegetables Bananas	Fish sticks Garlic bread Tator Tots Raisins Milk
	PM Snack:	Cheese crackers Milk	Pretzels Milk	Wheat Crackers Milk	Gold fish Milk	Animal Crackers Milk
January 11-15	AM Snack:	Graham Crackers	Fruit & Grain Bar	Oatmeal	Cinnamon Toast	Cereal
	Lunch:	Bean and cheese Nachos Apple Slices Corn	Turkey and cheese on Wheat bread Carrots Raisins	Chicken Nuggets Brown rice Peas Orange Slices Milk	Cheeseburger On Wheat Buns Lettuce Raisins	Fish sticks Garlic bread Baked Cut Fries Bananas Milk
	PM Snack:	Graham crackers Milk	Pretzels Milk	Gold fish Milk	Wheat Crackers Milk	Cheese Crackers Milk
January 18-22	AM Snack:		Oatmeal	Cereal	Graham crackers	Cinnamon Toast
	Lunch:		Bean and cheese Nachos Corn Apple Slices	Ham and cheese on Wheat bread Carrots Raisins	Bean and cheese on Corn tortilla Mixed Vegetables Bananas	Fish sticks Garlic bread Tator Tots Raisins Milk
	PM Snack:		Pretzels Milk	Cheese crackers Milk	Gold fish Milk	Animal Crackers Milk
January 25-29	AM Snack:	Graham Crackers	Fruit & Grain Bar	Oatmeal	Cinnamon Toast	Cereal
	Lunch:	Bean and cheese Nachos Apple Slices Corn	Turkey and cheese on Wheat bread Carrots Raisins	Chicken Nuggets Brown rice Peas Orange Slices Milk	Cheeseburger On Wheat Buns Lettuce Raisins	Fish sticks Garlic bread Baked Cut Fries Bananas Milk
	PM Snack:	Graham crackers Milk	Pretzels Milk	Gold fish Milk	Wheat Crackers Milk	Cheese Crackers Milk

Food Group Key:

Milk Lean Meat/ Meat Alternative Vegetable Fruit Whole Grain

Note: Water is available with every meal and throughout the day