

## JANUARY 2020 MENU

Week One	<b>MONDAY-30</b>		<b>TUESDAY-31</b>		<b>WEDNESDAY-1</b>		<b>THURSDAY-2</b>		<b>FRIDAY-3</b>	
	B:	Cereal, Banana, Milk	B:	Yogurt, Granola, Milk	B:		B:	Hard Boiled Egg, Toast w/Sunbutter Milk	B:	Bagel w/Cream Cheese, Raspberries Milk
	AM:	Muffin, Strawberries, Water	AM:	Cinnamon Toast, Banana, Water	AM:		AM:	Pretzel, Turkey, Water	AM:	Pirates Booty, Apples, Water
	L:	Greek Pasta Salad, Blackberries, Milk corn, milk	L:	Lasagna Rollup, Peaches, Broccoli, Milk	L:	CLOSED	L:	Baked Potato Soup, Salad, Strawberries Milk	L:	Teriyaki Meatball, Green Beans, Pineapple, Milk
	PM:	Cucumber, Ranch Dip, Water	PM:	Sunbutter & Jelly Sandwich, Water	PM:		PM:	Muffin, Applesauce, Water	PM:	Watermelon, Cottage Cheese, Water
Week Two	<b>MONDAY-6</b>		<b>TUESDAY-7</b>		<b>WEDNESDAY-8</b>		<b>THURSDAY-9</b>		<b>FRIDAY-10</b>	
	B:	Kix, Blueberries, Milk	B:	Waffles, Banana, Milk	B:	Cream of Wheat, Peaches, Milk	B:	Scrambled Egg, w/ Bacon, Mixed Fruit,	B:	Arroz Con Leche, Mango, Milk
	AM:	Fig Bar, Yogurt, Water	AM:	Chex Mix, Oranges, Water	AM:	Goldfish, Raisins, Water	AM:	Wheat Thins, Grapes, Water	AM:	Fruit Smoothie, Rice Cake,
	L:	Chili, Cornbread, Apples, Milk	L:	Macaroni & Cheese w/Bacon Peas, Kiwi, Milk	L:	Turkey & Cheese Wraps, Carrots, Plums Milk	L:	Bbq Chicken Sandwich, Carrots, Melon Milk	L:	Bahn Mi Pork, Quinoa, Pineapple, Green Beans, Milk
	PM:	Cheddar Cheese, Ritz Crackers, Water	PM:	Cottage Cheese, Grapes, Water	PM:	Guacamole, Pita, Water	PM:	Nilla Wafer, Banana, Water	PM:	Carrots, Broccoli, Hummus, Water
Week Three	<b>MONDAY-13</b>		<b>TUESDAY-14</b>		<b>WEDNESDAY-15</b>		<b>THURSDAY-16</b>		<b>FRIDAY-17</b>	
	B:	Cheerios, Strawberries, Milk	B:	Egg & Sausage Sandwich, Mixed Fruit Milk	B:	Cinnamon Toast, Yogurt, Milk	B:	Pancakes, Banana, Milk	B:	Cottage Cheese w/Sunflower Seeds, Pineapple, Milk
	AM:	Saltines, Salami, Water Water	AM:	Graham Cracker, Strawberries, Water Water	AM:	Veggie Fritters w/Yogurt Dipping Sauce Water	AM:	Carrots, Tomatos, Hummus, Water	AM:	Pretzels, String Cheese, Water
	L:	Bean & Cheese Burrito, Corn, Grapes Milk	L:	Chicken Sesame Noodles, Broccoli, Oranges, Milk	L:	Italian Sausage, Rice, Mixed Veggie, Pears, Milk	L:	Grilled Cheese, Tomato Soup, Green Beans, Milk	L:	Hot Dogs, Watermelon, Carrots, Milk
	PM:	Trail Mix w/ Dried Fruits, Water	PM:	Salsa, Veggie Straws, Water	PM:	Roasted Cinnamon Chickpeas, Yogurt Water	PM:	Snap Pea Crisps, Applesauce, Water	PM:	Celery w/ Sunbutter & Raisins, Water
Week Four	<b>MONDAY-20</b>		<b>TUESDAY-21</b>		<b>WEDNESDAY-22</b>		<b>THURSDAY-23</b>		<b>FRIDAY-24</b>	
	B:	Life Cereal, Raspberries, Milk	B:	Bagels w/Cream Cheese, Pears, Milk	B:	Veggie Frittata, Banana, Milk	B:	Carrot Zucchini Muffin, Yogurt, Milk	B:	Oatmeal, Peaches, Milk
	AM:	Goldfish, Banana, Water	AM:	Ham Slices, Saltines, Water	AM:	Rice Cake w/Sunbutter & Craisins Water	AM:	Vegetable Medley w/Yogurt Dip	AM:	Veggie Straws, Craisins, Water
	L:	Pizza Toasts, Tropical Fruit, Mixed Veggies, Milk	L:	Minestrone Soup, Melon, Roll, Milk	L:	Grilled Chicken Sesame Salad, Mandarin Oranges, Rolls, Milk	L:	Chicken Quesadilla, Corn, Melon, Milk	L:	Sloppy Joes, Pineapple, Roasted Sweet Potatos, Milk
	PM:	Fruit Smoothie, Animal Cracker, Water	PM:	Snap Peas, Carrots, Tzatziki Water	PM:	Broccoli & Cauliflower w/Hummus	PM:	Pirates Booty, Oranges, Water	PM:	Pita, Avocado Dip, Water
	<b>MONDAY-27</b>		<b>TUESDAY-28</b>		<b>WEDNESDAY-29</b>		<b>THURSDAY-30</b>		<b>FRIDAY-31</b>	
	B:	Cereal, Mixed Fruit, Milk	B:	Hashbrown Casserole, Strawberries, Milk	B:	Bran Muffin, Applesauce, Milk	B:	French Toast, Blackberries, Milk	B:	Yogurt & Cereal Parfaits, Milk
	AM:	muffins, strawberries, water	AM:	Cheese Cubes, Ham Slices, Water	AM:	Pretzels, Turkey, Water	AM:	Club Cracker, Salami, Water	AM:	Cinnamon Toast, Banana, Water
	L:	Enchilada Casserole, Rice, Grapes, Milk	L:	Spaghetti Bolognese, Salad, Melon, Milk	L:	Turkey Burger, Mixed Veggies, Applesauce, Milk	L:	Chicken Noodle Soup, Whole Wheat Bread, Apples, Milk	L:	Chef Salad, Mixed Berries, Breadstick Milk
	PM:	Sunbutter & Jelly Sandwich, Water	PM:	Ritz Cracker, Pears, Water	PM:	Watermelon, Cottage Cheese, Water	PM:	Fig Bar, Yogurt, Water	PM:	Cheez-Its, Apples, Water