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| **January 2019 Character Word: Attentiveness/Availability** |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **THEME: ARTIC ANIMALS****LETTER: J****NUMBER: 19****COLOR: RED****CONCEPT: HEAVY/LIGHT** |  | **1** **Milk, Crangrape Juice, Rice Krispies****Milk, Turkey/Cheese/Chef Salad w/ Croutons, Crackers, Mandarin Oranges****Water, Cheese its, Apples** | **2** **Milk, Orange Juice, Corn Flakes****Milk, French toast Sticks-wg, French Fries, Applesauce****Water, Vanilla Wafers, Bananas** | **3****Milk, Grape Juice, Toasted Oats-wg****Milk, Ravioli, Grilled Cheese, Peaches****Water, Tortilla Chips, Salsa** | **4****Milk, Apple Juice, Rice Chex****Milk, Mac & Cheese-wg/Hot Dog, Corn, Pears****Water, Saltine Crackers/Cheese**  |  |
| **THEME: FOREST ANIMALS****LETTER: j****NUMBER: 20****COLOR: ORANGE****CONCEPT: SMOOTH/ROUGH** | **7****Milk, Cranapple Juice, Kix-wg****Milk, Ham/Cheese/Tortilla, Salad, Pineapple****Water, Goldfish, Carrots** | **8****Milk, Orange Juice, Frosted Mini Wheats-wg****Milk, Turkey & Cheese Sandwich, Mixed Veggies, Pears****Water, Granola****Bar, Oranges** | **9****Milk, Grape Juice, Rice Krispies****Milk, Meatloaf/Bread, Mashed Potatoes, Applesauce****Water, Oyster Crackers & Cheese** | **10** **Milk, Apple Juice, Corn Flakes****Milk, Chicken Nuggets-wg, Mac & Cheese, Green Beans, Peaches****Water, Corn Chips, Cucumbers** | **11****Milk, Cranorange Juice, Toasted Oats-wg****Milk, Noodles w/ham, Peas, Mixed Fruit****Water, Pretzels, Celery** |  |
| **THEME: HIBERNATION****LETTER: K****NUMBER: REVIEW 1-5****COLOR: YELLOW****CONCEPT: FAST/SLOW** | **14****Milk, Grape Juice, Rice Chex****Milk, Turkey Fritter-wg/Bread, Broccoli, Pears****Water, Cheese Its, Apples** | **15****Milk, Apple Juice, Kix-wg****Milk, Chicken Noodle Soup-wg/w Carrots, Crackers, Mandarin Oranges****Water, Vanilla Wafers, Bananas** | **16****Milk, Grape Juice, Frosted Mini Wheats****Milk, Chicken Patty-wg/Bread, Peas, Pineapple****Water, Saltine Crackers/Cheese** | **17** **Milk, Cranapple Juice, Rice Krispies****Milk, Pancake/Sausage/Stick-wg, Hash Browns, Applesauce****Water, Goldfish, Carrots** | **18****Milk, Orange Juice, Corn Flakes** **Milk, Taco Quesadilla, Corn, Peaches****Water, Granola Bars, Oranges**  |  |
| **THEME: SNOW/ICE****LETTER: k****NUMBER: REVIEW 6-10****COLOR: GREEN** **CONCEPT: WET/DRY** | **21****Milk, Orange Juice, Corn Flakes****Milk, Country Fried Steak** **w/bread- wg, Mashed Potatoes, Peaches****Water, Cheese its, Apples**  | **22****Milk, Grape Juice, Toasted Oats-wg****Milk, Fish Sticks-wg, Mac & Cheese-wg, Peas, Mixed Fruit****Milk, Vanilla Wafers, Bananas** | **23****Milk, Apple Juice, Rice Chex****Milk, Pepperoni Pizza-wg, Salad, Mandarin Oranges****Water, Tortilla Chips, Salsa** | **24****Milk, Cranberry Juice, Kix-wg,****Milk, Ham & Cheese/Bread, Green Beans, Pears****Water, Saltine Crackers/Cheese** | **25****Milk, Orange Juice, Frosted Mini Wheats-wg****Milk, Hot Dog/Bun, Fries, Pineapple****Water, Goldfish, Carrots** |  |
| **THEME: TRANSPORTATION** **LETTER: L** **NUMBER:** **REVIEW 11-15****COLOR: BLUE****CONCEPT: FAST/SLOW** | **28****Milk, Grape Juice, Toasted Oats-wg****Milk, Corn Dogs, French Fries, Peaches****Water, Granola Bars, Oranges** | **29****Milk, Orange Juice, Rice Chex****Milk, Spaghetti, Mixed Veggies, Applesauce****Milk, Oyster Crackers & Cheese** | **30****Milk, Apple Juice, Corn Flakes****Milk, Mac & Cheese/Ham-wg, Carrots, Mixed Fruit****Water, Corn Chips, Cucumber** | **31****Milk, Cranberry Juice, Kix-wg****Milk, Cheeseburger/Bread, Corn, Pears****Water, Pretzels, Celery** |  |  |