

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day – PELC CLOSED	2
3	4 AM Snack: Applesauce Lunch: Chicken bacon alfredo pasta, broccoli PM Snack: Cheez-its	5 AM Snack: Yogurt Lunch: Kale & Apple salad, crackers PM Snack: Pretzels	6 AM Snack: Granola bars Lunch: Tuna sandwiches, blueberries PM Snack: Apple slices	7 AM Snack: Hard boiled eggs Lunch: Taco soup, fritos PM Snack: Cucumber	8 AM Snack: Bagels Lunch: Leftovers PM Snack: Leftovers	9
10	11 AM Snack: Cottage cheese Lunch: Spaghetti w/ meatballs, peas PM Snack: Bananas	12 AM Snack: PB Toast Lunch: Cheeseburgers, French fries PM Snack: Carrots	13 AM Snack: Pineapple Lunch: Tuna casserole, corn PM Snack: PB Banana rollups	14 AM Snack: Muffins Lunch: Chicken salad, cheese sticks PM Snack: Yogurt	15 AM Snack: Cheese sticks Lunch: Leftovers PM Snack: Leftovers	16
17	18 AM Snack: English muffins Lunch: Turkey sandwiches, goldfish crackers PM Snack: Ants on a log	19 AM Snack: Fruit smoothies Lunch: Taquitos, corn PM Snack: Veggie straws	20 AM Snack: Bananas Lunch: Pizza, salad PM Snack: Trail mix	21 AM Snack: Raisins Lunch: Chili, cornbread PM Snack: Pudding	22 AM Snack: Animal crackers Lunch: Leftovers PM Snack: Leftovers	23
24	25 AM Snack: Apple chips Lunch: Chicken pot pie pasta, crackers PM Snack: Granola bars	26 AM Snack: Hard boiled eggs Lunch: Broccoli cheddar soup, salad PM Snack: Watermelon	27 AM Snack: Blueberries Lunch: Bean burritos, goldfish crackers PM Snack: Pepperoni & cheese	28 AM Snack: Muffins Lunch: Ravioli, green beans PM Snack: Bananas	29 AM Snack: Cottage cheese Lunch: Leftovers PM Snack: Leftovers	30
31						

**contains pork products