

# What's Cooking in the Kitchen:

## For the Week of: January 20—24, 2020

### MONDAY

BREAKFAST: **ORGANIC** Scrambled Eggs, Low Sodium Bacon, **ORGANIC** Blueberries  
Milk

AM SNACK: Juice Break

LUNCH: Crispy Chicken Strips, BBQ Sauce on the Side, **ORGANIC** Cooked Carrots  
w/Hint of Margarine, Honeydew Melon, Milk

PM SNACK: Cottage Cheese, Pineapple Chunks, Graham Crackers, Water

### TUESDAY

BREAKFAST: French Toast made from French Bread, **PURE** Maple Syrup on Request, Sau-  
sage Patties, Applesauce, Milk

AM SNACK: Juice Break

LUNCH: Chicken Enchiladas, Black Beans, Cantaloupe, Milk

PM SNACK: Celery Sticks, Whipped Cream Cheese, Orange Sections, Water

### WEDNESDAY

BREAKFAST: Wheaties, Bananas, Milk

AM SNACK: Juice Break

LUNCH: Tater Tot Casserole, **ORGANIC** Broccoli (from Frozen) w/Hint of Margarine,  
Fresh Pear Slices, Milk

PM SNACK: Cheddar Cheese Sticks, Whole Wheat Rotini Noodles, Cucumber Spears,  
Water

### THURSDAY

BREAKFAST: Malt O Meal w/Hint of Cinnamon, **THAWED ORGANIC** Mixed Berries  
(from frozen), Milk

AM SNACK: Juice Break

LUNCH: Spaghetti w/Marinara, Parmesan Cheese, **ORGANIC** Green Beans (from Fro-  
zen) w/Hint of Margarine, **RED** Apple Slices, Milk

PM SNACK: Baked Sweet Potato Wedges w/Hint of Cinnamon, Dried Mango Slices, Water

### FRIDAY

BREAKFAST: Griddled English Muffins, Homemade Pumpkin Butter, Turkey Sausage Links,  
Cuties, Milk

AM SNACK: Juice Break

LUNCH: **WARM** Pita Wedges, **ORGANIC** Hummus, Multi-Colored Bell Pepper  
Strips, Ham, String Cheese, Fruit Salad, Milk

PM SNACK: Frozen Go-Gurts, **ORGANIC** Fruit Bars, Water