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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** |  |  |