



January 2022 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	3 Saltines with Cheese and Water	4 Whole Grain Vanilla Wafers, Pears and Water	5 Whole Grain Cinnamon Grahams, Pears, and Water	6 Whole Grain Cheerios, Raisins, and Water	7 Assorted Snack and Water
Lunch	Baked Pasta with Meat Sauce, Broccoli, Pineapples, and Milk	Chicken and Waffles, Carrot Sticks, Applesauce, and Milk	Chicken Noodle Soup, Saltines, Fresh Carrots, Applesauce, and Milk	Whole Grain Spaghetti with Meat Sauce, Green Beans, Pineapples, and Milk	Lunch Box Day
PM Snack	Whole Grain Cheese Crackers, Applesauce, and Water	Whole Grain Wheat Thins, Fruit and Water	Whole Grain Fruit Bars and Water	String Cheese, Wheat Thins, and Water	Assorted Snack and Water
AM Snack	10 Whole Grain Cheerios, Bananas, and Water	11 Fresh Carrot Sticks with Ranch, Raisins, and Water	12 Whole Grain Cheese Crackers, Applesauce and Water	13 Whole Grain Honey Grahams, Raisins, and Milk	14 Assorted Snack and Water
Lunch	Chicken and Rice, Green Beans, Applesauce, and Milk	Sausage Biscuits, Scrambled Eggs, Fresh Carrots, Mandarin Oranges, and Milk	Chicken Ranch Wraps, Corn, Peaches, and Milk	Chicken Alfredo, Peas, Pineapples, and Milk	Lunch Box Day
PM Snack	Vanilla Yogurt with Fruit and Water	Granola Bars and Water	Whole Grain Cinnamon Grahams, Peaches, and Water	Whole Grain Fruit Bars and Water	Assorted Snack and Water
AM Snack	17 Whole Grain Cheerios, Raisins, and Water	18 Applesauce, Goldfish crackers, and Water	19 Peaches, Snack Crackers, and Water	20 Wheat Thins and String Cheese and Water	21 Assorted Snack and Water
Lunch	Manager's Choice, Assorted Vegetables, Assorted Fruit and Milk	Enchilada Bake, Spanish Rice, Black Beans, Fresh Apples, and Milk	Ham and Cheese Wraps, Carrot Sticks, Mixed Fruit, and Milk	Western Day: Hot Dogs, Ranch Beans, Ruffles, Pickles, Applesauce, and Milk	Lunch Box Day
PM Snack	String Cheese, Wheat Thins, and Water	Whole Grain Cinnamon Grahams, Pears, and Water	Vanilla Yogurt with Fruit and Water	S'mores and Water	Assorted Snack and Water
AM Snack	23 Biscuits with Jelly and Water	24 Animal Crackers, Pears, and Water	25 Fresh Carrot Sticks with Ranch and Water	26 Vanilla Yogurt with Fruit and Water	27 Assorted Snack and Water
Lunch	Chicken Tenders with Cream Gravy, Mashed Potatoes, Apricots, and milk	Hamburger Macaroni, Green Beans, Apricots, and Milk	Popcorn Chicken, Peas and Carrots, Fruit Cocktail, and Milk	Frito Pie, Corn, Pears and Milk	Lunch Box Day
PM Snack	Whole Grain Fruit Bars and Water	Granola Bars and Water	Cheese Crackers and Water	Pretzels, String Cheese, and Water	Assorted Snack and Water