

## January Menu

|          | Monday  | Tuesday                                 | Wednesday   | Thursday  | Friday   |
|----------|---|---|---|---|--|
|          | <b>3</b>  | <b>4</b>                                | <b>5</b>  | <b>6</b>  | <b>7</b>   |
| AM Snack | Cheerios w/ Milk  | Bagels w/ Cream Cheese                  | Pancakes w/ Milk  | Yogurt w/ Granola   | Fig Bar w/ Milk  |
| Lunch    | Bean Burritos w/ Corn and Fruit   | Mac and Cheese w/ Green Beans and Fruit | BBQ Chicken Burgers w/ Peas and Fruit<br><b><u>Vegetarian Option</u></b><br>Cream Cheese and Veggie Pinwheels | Chicken Nuggets w/ Mixed Veggies and Fruit<br><b><u>Vegetarian Option</u></b><br>Cheese Roll Up | Sun Butter and Jelly Sandwich w/ Broccoli and Fruit  |
| PM Snack | Hummus w/ Wheat Crackers  | Trail Mix w/ Apple Sauce                | Ritz Crackers and Cheese  | Graham Crackers w/ Cream Cheese   | Goldfish & Apples  |
|          | <b>10</b>   | <b>11</b>                               | <b>12</b>   | <b>13</b>   | <b>14</b>  |
| AM Snack | Corn Flakes w/ Milk   | French Toast w/ Blueberries             | Animals Crackers w/ Milk  | Vanilla Wafers w/ Milk  | Blueberry Muffins w/ Milk  |
| Lunch    | Chicken Taquitos w/ Corn and Fruit<br><b><u>Vegetarian Option</u></b><br>Cheese and Corn Taquitos | Cheese Ravioli w/ Green Beans and Fruit | Fish Sticks w/ Peas and Fruit<br><b><u>Vegetarian Option</u></b><br>Cheese and Veggie Wrap                    | Cheese Quesadilla w/ Mixed Veggies and Fruit  | Turkey and Cheese Sandwiches w/ Broccoli and Fruit<br><b><u>Vegetarian Option</u></b><br>Cheese Sandwiches |
| PM Snack | Chips w/ Beans  | Oyster Crackers w/ Cheese               | Cheese Itz & Blueberries  | Cucumbers and Ranch   | String Cheese and Fruit  |
|          | <b>17</b>   | <b>18</b>                               | <b>19</b>   | <b>20</b>   | <b>21</b>  |
| AM Snack |   | Bagels w/ Cream Cheese                  | Pancakes w/ Milk  | Yogurt w/ Granola   | Fig Bar w/ Milk  |
| Lunch    | CLOSED  | Mac and Cheese w/ Green Beans and Fruit | BBQ Chicken Burgers w/ Peas and Fruit<br><b><u>Vegetarian Option</u></b><br>Cream Cheese and Veggie Pinwheels | Chicken Nuggets w/ Mixed Veggies and Fruit<br><b><u>Vegetarian Option</u></b><br>Cheese Roll Up | Sun Butter and Jelly Sandwich w/ Broccoli and Fruit  |
| PM Snack |   | Trail Mix w/ Apple Sauce                | Ritz Crackers and Cheese  | Graham Crackers w/ Cream Cheese   | Goldfish & Apples  |
|          | <b>24</b>   | <b>25</b>                               | <b>26</b>   | <b>27</b>   | <b>28</b>  |
| AM Snack | Corn Flakes w/ Milk   | French Toast w/ Blueberries             | Animals Crackers w/ Milk  | Vanilla Wafers w/ Milk  | Blueberry Muffins w/ Milk  |
| Lunch    | Chicken Taquitos w/ Corn and Fruit<br><b><u>Vegetarian Option</u></b><br>Cheese and Corn Taquitos | Cheese Ravioli w/ Green Beans and Fruit | Fish Sticks w/ Peas and Fruit<br><b><u>Vegetarian Option</u></b><br>Cheese and Veggie Wrap                    | Cheese Quesadilla w/ Mixed Veggies and Fruit  | Turkey and Cheese Sandwiches w/ Broccoli and Fruit<br><b><u>Vegetarian Option</u></b><br>Cheese Sandwiches |
| PM Snack | Chips w/ Beans  | Oyster Crackers w/ Cheese               | Cheese Itz & Blueberries  | Cucumbers and Ranch   | String Cheese and Fruit  |
|          | <b>31</b>   |   |   |   |  |
| AM Snack | Cheerios w/ Milk  |   |   |   |  |
| Lunch    | Bean Burritos w/ Corn and Fruit   |   |   |   |  |
| PM Snack | Hummus w/ Wheat Crackers  |   |   |   |  |
|          | <b>10</b>   |   |   |   |  |
| AM Snack |   |   |   |   |  |
| Lunch    |   |   |   |   |  |
| PM Snack |   |   |   |   |  |

