



# January Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	8 Pineaples & Cottage Cheese	9 Oatmeal w/ Milk	10 Toast w/Jelly & Juice	11 Oatmeal w/Milk	12 Muffins & Milk
<b>Lunch</b>	Chicken Nuggets w/Fruit & Veggie	Chicken Alfredo w/Fruit	Grilled Cheese w/ Fruit and Veggie	Creamy Pesto Chicken & Rice w/ Fruit	Creamy Sausage Potatoe Soup w/Fruit
<b>PM Snack</b>	Cheese & Crackers	Pita & Hummus	Sweet Potato Crackers w/ Milk	Pretzels & Cheese	Cheez Its & Fruit
<b>EXT. Snack</b>	Applesauce & Crackers	Cheese & Crackers	Pita & Hummus	Sweet Potato Crackers w/Milk	Pretzels & Cheese
<b>AM Snack</b>	15 Pineapples & Cottage Cheese	16 Pineapples & Cottage Cheese	17 Cereal w/ Milk	18 Yogurt & Granola	19 Applesauce & Crackers
<b>Lunch</b>	NO SCHOOL	Teriyaki Chicken w/ Fried Rice & Veggie	Sausage, Egg, & Cheese Sandwich w/ Fruit	BBQ Chicken w/Stuffing, & Carrots	Spaghetti w/ Meat Sauce & Veggie
<b>PM Snack</b>		Crackers & Fruit	Wheat Thins & Juice	Nilla Wafers & Fruit	Ritz & Fruit
<b>EXT. Snack</b>		Cheez its & Fruit	Crackers & Fruit	Wheat Thins & Juice	Nilla Wafer & Fruit
<b>AM Snack</b>	22 Smoothies & Crackers	23 Yogurt & Fruit	24 Oatmeal w/ Milk	25 Applesauce & Graham Crackers	26 Cereal & Milk
<b>Lunch</b>	Mac & Cheese w/ Fruit & Veggie	Chicken Alfredo w/Fruit	Stroganoff, Veggie, & Fruit	Teriyaki Chicken w/Fried Rice & Veggie	Chicken Pot Pie Soup w/ Fruit
<b>PM Snack</b>	Cheese & Crackers	Cheez Its & Juice	Pita & Jelly w/Juice	Celery w/ Ranch & Juice	Fruit & Pita
<b>EXT. Snack</b>	Ritz & Fruit	Cheese & Crackers	Cheez Its & Juice	Pita & Hummus	Celery w/ Ranch & Juice
<b>AM Snack</b>	29 Oatbar & Milk	30 Pancake & Sausage	31 Toast w/Jelly & Milk	1 Yogurt & Granola	2 Muffins w/ Milk
<b>Lunch</b>	Beefy Nacho Pasta w/Fruit	Black Beans w/ Corn & Rice	Mac & Cheese w/ Fruit & Veggie	Grilled Cheese w/ Fruit & Veggies	Chicken Nuggets w/Veggie & Baked Beans
<b>PM Snack</b>	Nutrigrain Bar & Milk	Goldfish & Fruit	Celery w/ Ranch & Juice	Pita & Hummus	Fruit & Crackers
<b>Ext. Snack</b>	Fruit & Pita	Nutrigrain Bar & Milk	Goldfish & Fruit	Celery w/Ranch & Juice	Pita & Hummus

Menu is Subject to Change