

JANUARY 2021 MENU

Week One	Monday		Tuesday		Wednesday		Thursday		Friday 1	
	B:		B:		B:		B:		B:	fresh muffin, raspberries
	AM:		AM:		AM:		AM:		AM:	mini pretzel, grapes
	L:	December 2020 Menu	L:	December 2020 Menu	L:	December 2020 Menu	L:	December 2020 Menu	L:	rotini tomato/alfredo, apples, green bean
	PM:		PM:		PM:		PM:		PM:	fruit smoothie, goldfish
Week Two	Monday 4		Tuesday 5		Wednesday 6		Thursday 7		Friday 8	
	B:	cereal, mandarins	B:	sunbutter/jelly english muffins, peaches	B:	pancake, blueberries	B:	scrambled eggs w/cheese, strawberries	B:	fresh muffins, blueberries
	AM:	fruit yogurt, graham cracker	AM:	animal cracker, craisins	AM:	applesauce, goldfish	AM:	tortilla chips, salsa	AM:	wheat thins, cream cheese
	L:	sausage, peppers, rice, pears	L:	bbq pork slider, coleslaw, apple	L:	turkey wrap w/veggies, fruit salad	L:	grilled cheese, potato soup, corn	L:	turkey hot dog w/bun, carrots, oranges
	PM:	mini rice cake, pineapples	PM:	cottage cheese, saltines	PM:	chex mix, dried fruit	PM:	granola bar, mangos	PM:	fruit smoothie, club crackers
Week Three	Monday 11		Tuesday 12		Wednesday 13		Thursday 14		Friday 15	
	B:	cereal, bananas	B:	cinnamon bun, strawberries	B:	waffles, pears	B:	oatmeal, apples	B:	fresh muffins, blueberries
	AM:	fruit yogurt, graham cracker	AM:	cheese slices, wheat thins	AM:	pepperoni, ritz	AM:	guacamole, pita bread	AM:	cottage cheese, tortilla chips
	L:	chicken yakisoba w/veggies, peaches	L:	veg enchilada, rice, grapes	L:	chicken coconut curry, rice, mandarin	L:	mac n' cheese w/turkey, pea & carrot, pear	L:	spaghetti w/meat sauce, green bean, mix fruit
	PM:	snap pea crisps, raisins	PM:	watermelon, saltines	PM:	belvita, pineapple	PM:	nutrigrain bar, mango	PM:	fruit smoothie, goldfish
Week Four	Monday 18		Tuesday 19		Wednesday 20		Thursday 21		Friday 22	
	B:	cereal, pineapple	B:	pancakes, blueberries	B:	cream of wheat, strawberries	B:	french toast, bananas	B:	fresh muffins, cranberry
	AM:	fruit yogurt, graham cracker	AM:	string cheese, club cracker	AM:	cream cheese, wheat thins	AM:	turkey slice, ritz	AM:	french onion dip, carrots
	L:	chicken pot pies, mix veg, melon	L:	vegetarian sloppy joes, corn, apples	L:	grilled cheese, broccoli cheddar soup, grapes	L:	hot dog cornbread casserole, apples, green beans	L:	pasta salad w/chicken, mix veg, pears
	PM:	fresh popcorn, peaches	PM:	rice cakes, oranges	PM:	ham slice, cheez-its	PM:	cottage cheese, saltines	PM:	fruit smoothie, goldfish
Week Five	Monday 25		Tuesday 26		Wednesday 27		Thursday 28		Friday 29	
	B:	cereal, blueberries	B:	cinnamon toast, bananas	B:	oatmeal, raspberries	B:	english muffin w/butter, oranges	B:	fresh muffins, strawberries
	AM:	fruit yogurt, graham cracker	AM:	pepperoni slices, saltines	AM:	hummus, pita bread	AM:	banana chips,	AM:	granola bar, raisins
	L:	teriyaki meatball, rice, pineapple, green bean	L:	green chili pork, rice, grapes	L:	beef stroganoff, mix veggies, peaches	L:	bbq chicken quesadillas, corn, pears	L:	fettucini alfredo w/broccoli, mix fruit
	PM:	cheez-its, applesauce	PM:	animal crackers, melon	PM:	trail mix, dried fruit	PM:	soft pretzel, cheese dip	PM:	fruit smoothie, pirate booty