

MEAL MENU

December 29 -31

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffin Apples Milk	Life cereal Craisins Milk	French Toast Peaches Milk		
Lunch	Sun butter sandwich Bananas Cucumbers Milk or Water	Fish Sticks French fries Oranges Broccoli Milk or Water	Mac & Cheese Fruit cocktail Mixed vegetables Milk or Water	SCHOOL CLOSED	SCHOOL CLOSED
Snack	Pop tarts Raisins Water	Ritz crackers Yogurt Water	Club crackers Cheese slices Water		

January 5 - 9

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagel Cream cheese or Butter Raisins Milk	Apple Jacks cereal Craisins Milk	French toast Pears Milk	Frosted Flakes Raisins Milk	Pancakes Mandarin oranges Milk
Lunch	Ham sandwich Pears Cucumber slices Milk or water	Cheese & Bean Burrito Apples Milk or Water	Spaghetti Meatballs Pineapple Broccoli Milk or Water	Chicken patty Bun Oranges Green beans Milk or water	Sun butter sandwich Oranges Tomato slices Milk or Water
Snack	Ritz crackers Cheese sticks Water	Goldfish Baby carrots Water	Animal crackers Yogurt Water	Chex mix Craisins Water	Saltine crackers Cheese slices Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango

MEAL MENU

January 12 - 16

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry Muffin Apples Milk	Apple Jacks cereal Raisins Milk	French Toast Pears Milk	Cheerios cereal Craisins Milk	Pancakes Pineapple Milk
Lunch	Turkey hot dog Bun Bananas Cucumber Milk or Water	English Muffin Cheese melt Apples Baby carrots Milk or Water	Shell pasta Alfredo sauce Peaches Broccoli Milk or water	Fish sticks French fries Oranges Tomato slices Milk or Water	Chicken Patty Bun Bananas Baby carrots Milk or Water
Snack	Ritz Crackers Yogurt Water	Pop tarts Craisins Water	Saltine crackers Cheese slices Water	Rice Krispies Dried mangos Water	Pretzel Yogurt Water

January 20 - 23

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Cheerios cereal Craisins Milk	French Toast Peaches Milk	Frosted flakes Apples Milk	Pancakes Mandarin oranges Milk
Lunch	SCHOOL CLOSED	Chicken nuggets Tater tots Bananas Broccoli Milk or Water	Hot dogs Bun Apples Baby carrots Milk or Water	Cheese Quesadilla Oranges Tomato slices Milk or Water	Sun Butter sandwich Apples Cucumber Milk or water
Snack		Club Crackers Cheese slices Water	Rice Krispies Raisins Water	Chex Mix Craisins Water	Animal crackers Raisins Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango