

MEAL MENU

January 26 - 30

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffin Apples Milk	Life cereal Craisins Milk	French Toast Peaches Milk	Lucky charms cereal Raisins Milk	Pancakes Pears Milk
Lunch	Turkey sandwich Oranges Cucumber Milk or Water	Beef ravioli Rolls Fruit cocktail Green beans Milk or Water	Pita bread pizza Mozzarella cheese Bananas Mixed vegetables Milk or Water	Chicken patty Bun Apple Baby carrots Milk or Water	Bologna sandwich Oranges Tomatoes slices Milk or water
Snack	Veggie straws Baby carrots Water	Ritz crackers Cheese slices Water	Club crackers Yogurt Water	Pretzels Cheese sticks Water	Rice Krispies Craisins Water

February 2 - 6

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagel Cream cheese/Butter Raisins Milk	Apple Jacks cereal Craisins Milk	French toast Pears Milk	Frosted Flakes Raisins Milk	Pancakes Pineapple Milk
Lunch	Sun butter/Jelly sandwich Apples Celery Milk or water	Chicken nuggets French fries Oranges Ketchup Milk or Water	Bowtie pasta Alfredo sauce Pears Corn Milk or Water	Cheese roll up Bananas Tomato slices Milk or water	Hot dogs Bun Apples Baby carrots Milk or Water
Snack	Goldfish Yogurt Water	Club crackers Cheese slices Water	Pop tarts Craisins Water	Animal crackers Dried mango Water	Pretzels Cheese sticks 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

February 9 - 13

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffin Apples Milk	Lucky charms cereal Raisins Milk	French Toast Pears Milk	Life cereal Craisins Milk	Pancakes Pineapple Milk
Lunch	Bean +Cheese Burrito Bananas Milk or Water	Fish sticks Tater tots Ketchup Oranges Milk or Water	Spaghetti Meatballs Pears Broccoli Milk or water	Pita bread pizza Mozzarella cheese Apples Tomato slices Milk or Water	Chicken Patty Bun Oranges Baby carrots Milk or Water
Snack	Graham crackers Craisins Water	Saltine crackers Cheese slices Water	Pretzel Yogurt Water	Ritz crackers Dried mangos Water	Pop tarts Raisins Water

February 16 -20

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Apple Jacks cereal Craisins Milk	French Toast Peaches Milk	Frosted flakes Raisins Milk	Pancakes Mixed fruits Milk
Lunch	SCHOOL CLOSED	Grilled cheese sandwich Bananas Broccoli Milk or Water	Mac & Cheese Pears Baby carrots Milk or Water	Cheese Quesadilla Oranges Tomato slices Milk or Water	Sun Butter/Jelly sandwich Apples Cucumber Milk or water
Snack		Veggie sticks Raisins Water	Rice Krispies Dried mangos Water	Graham crackers Yogurt Water	Goldfish 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