

MEAL MENU

January 13 - 17

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Apples Milk	Blueberry Muffin Pears Milk	French Toast Peach Milk	Cheerios cereal Raisins Milk	Pancake Pineapple Milk
Lunch	Macaroni & Cheese Mixed Fruit Carrots Milk or Water	Chicken patty Bun Strawberries Celery Milk or Water	Spanish Rice Cheese Black beans Apple sauce Milk or Water	Fish sticks Tater tots Mangos Carrots Milk or Water	Wheat bread pizza Mozzarella cheese Mandarin oranges Broccoli Milk or Water
Snack	Veggie Straws Mango	Chex Mix Cheese Stick	Animal crackers Yogurt	Goldfish Carrots	Saltine crackers Cheese sticks

January 20 -24

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Blueberry Muffin Pears Milk	French Toast Peach Milk	Frosted Flakes Raisins Milk	Pancake Apple Milk
Lunch	School Closed MLK Holiday	Cheese and bean Burrito Mixed fruit Milk or Water	Penne pasta Marinara sauce Cheese Pineapple Green beans Milk or Water	Beef meatballs Mashed potato Fruit cocktail Kidney beans Milk or water	Tuna sandwich Mangos Celery Milk or Water
Snack		Chex Mix Mango	Animal crackers Yogurt	Goldfish Carrots	Saltine crackers Cheese sticks

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 27 - 31

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Apples Milk	Blueberry Muffin Pears Milk	French Toast Peach Milk	Cheerios cereal Raisins Milk	Pancake Pineapple Milk
Lunch	Spanish Rice Cheese Black beans Fruit cocktail Milk or Water	Ham & Cheese melt English muffin Mixed fruit Broccoli Milk or Water	Shell pasta Alfredo sauce Turkey hot dog Mandarin oranges Sliced carrots Milk or Water	Chicken patty Bun Strawberries Celery Milk or Water	Cheese Quesadilla Refried beans Peaches Broccoli Milk or Water
Snack	Ritz crackers Yogurt	Tortilla chips Salsa	Saltine crackers Cheese Stick	Veggie straws Raisins	Pretzel Carrots

February 3 -7

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Mangos Milk	Blueberry Muffin Pears Milk	French Toast Peach Milk	Frosted Flakes Raisins Milk	Pancake Apple Milk
Lunch	Chili Saltines or Roll Pineapples Green beans Milk or Water	Chicken nuggets Tater tots Strawberries Broccoli Milk or Water	Wheat bread pizza Mozzarella cheese Mangos Celery Milk or Water	Beef Ravioli Rolls Mandarin orange Garbanzo beans Milk or Water	Ham sandwich Mixed fruit Baby carrot Milk or Water
Snack	Graham cracker Cheese sticks	Club crackers Carrots	Animal crackers Yogurt	Goldfish Cheese Stick	Cinnamon Raisin bread and Yogurt

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