



# Little Learners Menu

January 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV		1	1	2	3
BF			<b>Closed for New Years Day</b>	Whole Wheat English Muffin & Grapes	Pancakes & Oranges
AMS				Bananas	Fruit Salad
Lnch				Teriyaki Pork, Mixed Vegetables, Melon, Fried Brown Rice	Turkey & Cheese Sandwich, Carrot sticks, Apples
PMS				Cornbread & Juice	Saltines & Juice
	6	7	8	9	10
BF	Whole Grain Cereal & Apples	Cinnamon Bread & Oranges	Whole Wheat Toast & Bananas	Whole Wheat French Toast & Grapes	Whole Wheat English Muffin & Oranges
AMS	Graham Crackers	Cereal Mix	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Hash brown, Egg & Cheese Bake, Oranges, Whole Wheat Toast	Chicken Tetrizzini , Peas, Pears	Cheese Burgers, Carrot Sticks, Grapes	Whole Wheat Spaghetti with Meat Sauce, California Melody, Melon	Chicken Legs, Green Beans, Apple, Whole Wheat Bread
PMS	Chicken Noodle Soup with Carrots	Banana Bread & Juice	Chicken Salad & Crackers	Refried Bean Dip & Tortilla	Saltines & Juice
	13	14	15	16	17
BF	Whole Grain Cereal & Apples	Muffins & Oranges	Whole Wheat Bagel & Bananas	Whole Wheat Toast & Grapes	Pancakes & Mixed Fruit
AMS	Oranges	Apple Sauce	Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
Lnch	Meatballs, Corn, Peaches, Whole Wheat Bread	Chicken Alfrado with Whole Wheat Pasta, Broccoli, Oranges	Sliced Turkey, Sweet Potato, Pineapple, Whole Wheat Bread	Whole Wheat Grilled Cheese, Tomato Soup, Grapes	Tuna Casserole, Peas, Melon
PMS	Fish Crackers & Juice	Vegetable Soup and Oyster Crackers	Baked Apples with Oatmeal	Egg Salad with Whole Grain Club Crackers	Zucchini Bread & Juice
	20	21	22	23	24
BF	Whole Grain Cereal & Apples	Waffles & Oranges	Whole Wheat English Muffin & Bananas	Pancakes & Grapes	Whole Wheat Toast & Apples
AMS	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Lasagna, Green Beans, Pears	Beef Strognonoff, Broccoli, Pineapple	Whole Wheat Macaroni & Cheese, Peas, Grapes	Chicken casserole, carrots, Melon	Ham & Cheese Sandwich, Carrots, Apples
PMS	Tomato Soup with Oyster Crackers	Ham and Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Fish Crackers and Juice
	27	28	29	30	31
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Whole Wheat French Toast & Bananas	Bagels & Grapes	Whole Wheat English Muffins & Apples
AMS	Graham Crackers	Bagels and Cream Cheese	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Pulled Pork, Mixed Vegetables, Peaches, Hot dog bun	Chicken & Gravy, Diced Potatoes, Oranges, Whole Grain Bread	Meat Loaf, Mashed Potatoes, Grapes, Whole Wheat Bread	Cheese Quesadilla, Carrot Sticks, Apples	Taco Casserole, Tomatoes, Melon
PMS	Chicken Noodle Soup with Carrots	Baked Apples with Oatmeal	Chicken Salad with Club Crackers	Banana bread and Juice	Cereal Mix & Juice

Abbreviations: BF - Breakfast, AMS - AM Snack, Lnch - Lunch, PMS - PM Snack  
Milk is served with Breakfast, AM Snack, and Lunch