



Little Learners Menu

January 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV		1	2	3	4
BF		Closed for New Years Day	Whole Wheat Bagel & Bananas	Whole Wheat Toast & Grapes	Pancakes & Mixed Fruit
AMS			Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
Lnch			Sliced Turkey, Sweet Potato, Pineapple, Whole Wheat Bread	Whole Wheat Grilled Cheese, Tomato Soup, Melon	Tuna Casserole, Peas, Fruit Salad
PMS			Cheeze Cubes and Juice	Egg Salad with Whole Grain Club Crackers	Zucchini Bread
	7	8	9	10	11
BF	Whole Grain Cereal & Apples	Waffles & Oranges	Whole Wheat English Muffin & Bananas	Pancakes & Grapes	Whole Wheat Toast & Apple
AMS	Oranges	Apples	Saltines	Bananas	Fresh Vegetables with Ranch Dip
Lnch	Lasagna, Green Beans, Pears	Beef Stroganoff, Broccoli, Pineapple	Whole Wheat Macaroni & Cheese, Peas, Grapes	Chicken casserole, carrots, Melon	Ham & Cheese Sandwich, Carrots, Fruit Salad
PMS	Tomato Soup with Oyster Crackers	Ham and Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Cereal Mix & Juice
	14	15	16	17	18
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, California Melody, Oranges, Stuffing	Meat Loaf, Mashed Potatoes, Grapes, Whole Wheat Bread	Cheese Quesadilla, Carrot Sticks, Apples	Taco Casserole, corn, Melon
PMS	Chicken Noodle Soup with Carrots	Baked Apples with Oatmeal	Chicken Salad with Club Crackers	Banana bread and Juice	Tomato Soup
	21	22	23	24	25
BF	Whole Grain Cereal & Apples	Pancakes & Oranges	Whole Wheat Toast & Bananas	Oatmeal & Grapes	Muffins & Oranges
AMS	Oranges	Apple Sauce	Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
Lnch	Chicken Tenders, Corn, Pears, Wheat Bread	Baked Whole Wheat Mostaccioli & Meat Sauce, Broccoli, Apples	Pork Roast, Roasted Potato, Grapes, Whole Wheat Bread	Baked Chicken, Carrots, Melon, Cheesy Brown Rice	Sloppy Joes, Mixed Vegetables, Mixed Fruit
PMS	Fish Crackers and Juice	Vegetable Soup with Oyster Crackers	Bagels & Cream Cheese	Egg Salad with Whole Grain Club Crackers	Pumpkin Bread and Juice
	28	29	30	31	
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Waffles & Bananas	Whole Wheat English Muffin & Grapes	
AMS	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	
Lnch	Fish Sticks, Green Beans, Peaches, Whole Wheat Bread	Cheese Ravioli with Tomato Sauce, Broccoli and Cauliflower, Apple Sauce	Barbeque Chicken, Mashed Potatoes, Grapes, Wheat Bread	Teriyaki Pork, Mixed Vegetables, Melon, Fried Brown Rice	
PMS	Tomato Soup with Oyster Crackers	Turkey and Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread & Juice	

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