|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Jan 3-7**  **Breakfast**  **Lunch**  **Snack** | Whole Grain Cheerios, Bananas & Milk  Chicken & Cheese quesadilla on Tortilla, Black Beans, Peaches & milk  **V: Cheese Tortilla**  Veggie Straws & Water | Biscuits with Fruit Spread Blueberries & Milk  Whole Grain Spaghetti, Veggie Meatballs in Red Sauce, Breadstick & Milk  Pretzels, Oranges Slices & Water | Nutra grain Bars, Pears & Milk  BBQ Veggie Meatballs, Mashed Potatoes, Corn, Whole Wheat Bread & Milk  Animal Crackers, Baked Apples & Water | Oatmeal, Strawberries & Milk  Rice Casserole with Kidney Beans, Corn and Salsa, Pineapple & Milk  Yogurt with Mandarin Oranges & Water | Whole Grain Waffles, Peaches & Milk  Grilled Cheese on Whole Grain Bread, Sliced Cucumber, Applesauce & Milk  Blueberry Muffins & Water |
| **Jan 10-14**  **Breakfast**  **Lunch**  **Snack** | Pancakes, Bananas & Milk  Vegetarian Beans, Broccoli,  Pears, Whole Grain Bread & Milk  Goldfish & Water | Kix Cereal, Strawberries & Milk  Chicken Patty on Whole Grain Bun, Mashed Potatoes, Apple Slices & Milk  V: Veggie Patty  Hummus, Pita Bread & Water | Whole Grain Cheese Toast, Mandarin Oranges & Milk  Turkey & Cheese Sandwich on Whole Grain Bread, Sliced Cucumbers, Peaches & Milk  **V: Cheese Sandwich**  Graham Crackers, Sun Butter & Water | Nutra grain Bars, Blueberries & Milk  Fish Sticks, Green Beans, Applesauce & Milk  **V: Veggie Nuggets**  Veggie Straws & Water | French Toast Sticks, Orange Slices & Milk  Cheese Pizza on Whole Wheat Bun, Corn, Apple slices & Milk  String cheese, Crackers & Water |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Jan 17-21**  **Breakfast**  **Lunch**  **Snack** | **Teacher Workday**  **SCHOOL CLOSED!** | KIx Cereal, Bananas & Milk  Chicken Alfredo, Broccoli, Orange Slices& Milk  **V: Plain Alfredo**  Hummus, Pita Bread & Water | Nutra Grain Bars, Pears & Milk  Grilled Cheese on Whole Grain Bread, Cucumber Slices, Apple Slices & Milk  Veggie Straws & water | Oatmeal, Blueberries & Milk  BBQ Veggie Meatballs, Mashed Potatoes, Corn, Whole Wheat Bread,  Peaches & Milk  Goldfish & Water | Toasted bagel with Cream Cheese, Strawberries & Milk  Cheese Ravioli, Red Sauce, Green Beans, Whole Wheat Bread & Milk  Animal Crackers, Baked Apples & water |
| **Jan 24-28**  **Breakfast**  **Lunch**  **Snack** | Whole Grain Cheerios, Bananas & Milk  Chicken & Cheese quesadilla on Tortilla, Black Beans, Peaches & milk  **V: Cheese Tortilla**  Banana Pudding, Vanilla Wafers & Water | Whole Grain Cheese Toast, Orange Slices & Milk  Fish Sticks, Mashed Potatoes, Whole Grain Bread, Applesauce & Milk  **V: Veggie Nuggets**  Graham Crackers, Sun Butter & Water | Whole Grain Pancakes, Strawberries & Milk  Rice Casserole with Kidney Beans, Corn and Salsa, Pineapple & Milk  Goldfish & Water | Nutra Grain Bars, Apples & Milk  Chicken Nuggets, Peas & Carrots, Whole Grain Bread, & Milk  **V: Veggie Nuggets**  Pretzels, Orange Slices & water | Biscuits with Fruit Spread Blueberries & Milk  Vegetarian Beans, Broccoli,  Pears, Whole Grain Bread & Milk  Veggie Straws & water |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast**  **Lunch**  **Snack** |  |  |  |  |  |