

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
January 3-6 Breakfast		Cheerios Cereal Bananas & Milk	Toasted bagel with cream cheese, mandarin oranges & milk	Nutra Grain Bars, peaches & milk	French toast sticks, cantaloupe & milk
Lunch		Grilled Cheese on Whole Grain Bread, Chicken Noodle Soup, Mixed Vegetables, Applesauce & Milk V: No Chicken Noodle Soup	Vegetarian beans, whole grain bread, broccoli, pears, & milk  Pretzels & water	Chicken nuggets, mashed potatoes, corn, whole wheat bread & milk V: Veggie Nuggets	Cheese Pizza, green beans, pineapples & milk  Hummus, Pita Bread & water
Snack		Animal Crackers & Water		Goldfish, bananas & water	
January 9-13 Breakfast	Whole grain cheerios, bananas & milk	Oatmeal, Peaches & Milk	Whole grain pancakes, pears & milk	Nutra grain bars, strawberries & milk	Biscuits with fruit spread, applesauce & milk
Lunch	Whole wheat Spaghetti, red sauce, veggie meatballs, garlic bread, broccoli & milk	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk  V: cheese sandwich	Whole grain rice, black beans, whole grain bread, peaches & milk  Animal crackers & water	Cheeseburger on whole wheat bun, mashed potatoes, cantaloupe & milk  V: Veggie Burger	Fish sticks, tater tots, whole grain bread, peas & carrots, mixed fresh fruit & milk  V. Veggie nuggets
Snack	Yogurt, Strawberries & water	Veggie straws & water		Graham crackers & water	Goldfish & water

**V: Vegetarian Option**

<b>January 16-20</b>  <b>Breakfast</b>   <b>Lunch</b>   <b>Snack</b>	<b>Kix Cereal, Bananas &amp; Milk</b>	<b>Whole Grain Pancakes, Mandarin Oranges &amp; Milk</b>	<b>Nutra grain bars, pears &amp; milk</b>	<b>French toast sticks, oranges &amp; milk</b>	<b>Toasted bagel with cream cheese, strawberries &amp; Milk</b>
	<b>Grilled cheese on whole grain bread, corn, applesauce &amp; Milk</b>	<b>Chicken Alfredo, peas &amp; carrots, Garlic Bread &amp; Milk</b> <b>V: Plain Alfredo</b>	<b>Turkey and cheese sandwich, cucumber &amp; carrot slices, apple slices &amp; milk</b> <b>V: Cheese Sandwich</b>	<b>Mac and cheese, broccoli, honeydew melon, whole grain bread &amp; Milk</b>	<b>Chicken Patty on a Whole Grain bun, tater tots, peaches &amp; Milk</b> <b>V: Veggie Patty</b>
	<b>Veggie Straws &amp; Water</b>	<b>Yogurt, Oranges &amp; Water</b>	<b>Vanilla Wafers, Banana Pudding &amp; Water</b>	<b>Pretzels &amp; water</b>	<b>Cheese and crackers, water</b>

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 23-27</b>  <b>Breakfast</b>   <b>Lunch</b>   <b>Snack</b>	<b>Whole Grain Cheerios, Bananas &amp; Milk</b>	<b>French toast sticks, oranges &amp; milk</b>	<b>Nutra grain bars, pears &amp; milk</b>	<b>Whole Grain Waffles, Peaches &amp; Milk</b>	<b>Toasted Bagel with Cream Cheese, Strawberries &amp; Milk</b>
	<b>Spaghetti with red sauce, veggie meatballs, garlic bread, Pears &amp; Milk</b>	<b>Chicken quesadilla with tomatoes and lettuce, peaches, &amp; milk</b> <b>V: Cheese Quesadilla</b>	<b>Fish sticks, tater tots, whole grain bread, pineapples, milk</b> <b>V: Veggie Nuggets</b>	<b>Turley &amp; Cheese Sandwich on Whole Wheat Bread, Cucumbers and Carrots, Applesauce &amp; Milk</b> <b>V: Cheese Sandwich</b>	<b>Chicken Nuggets, Peas and Carrots, Whole Grain Bread, Cantaloupe and Honeydew Melon &amp; Milk</b> <b>V: Veggie Nuggets</b>
	<b>Graham Crackers, &amp; Water</b>	<b>Animal crackers, water</b>	<b>Veggie Straws &amp; Water</b>	<b>Pita Bread, hummus, and water</b>	<b>Pretzels and water</b>

**V: Vegetarian Option**

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 30-February 3</b>  <b>Breakfast</b>   <b>Lunch</b>   <b>Snack</b>	<p>Whole grain cheerios, bananas &amp; milk</p> <p>Whole wheat Spaghetti, red sauce, veggie meatballs, garlic bread, broccoli &amp; milk</p> <p>Yogurt, Strawberries &amp; water</p>	<p>Oatmeal, Peaches &amp; Milk</p> <p>Turkey and cheese sandwich, cucumber &amp; carrot slices, apple slices &amp; milk</p> <p>V: cheese sandwich</p> <p>Veggie straws &amp; water</p>	<p>Whole grain pancakes, pears &amp; milk</p> <p>Whole grain rice, black beans, whole grain bread, peaches &amp; milk</p> <p>Animal crackers &amp; water</p>	<p>Nutra grain bars, honeydew melon &amp; milk</p> <p>Chicken Patty on whole wheat bun, mashed potatoes, kiwi &amp; milk</p> <p>V: Veggie Patty</p> <p>Sliced cheese, crackers &amp; water</p>	<p>Biscuits with fruit spread, applesauce &amp; milk</p> <p>Fish sticks, tater tots, whole grain bread, peas &amp; carrots, mixed fresh fruit &amp; milk</p> <p>V: Veggie nuggets</p> <p>Goldfish &amp; water</p>

**V: Vegetarian Option**