

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
January 2-5 Breakfast		Kix Cereal Bananas & Milk	Toasted bagel with cream cheese, mandarin oranges & milk	Nutra Grain Bars, peaches & milk	French toast sticks, pineapples & milk
Lunch		Grilled Cheese on Whole Grain Bread, Mixed Vegetables, Applesauce & Milk	Vegetarian beans, whole grain bread, broccoli, pears, & milk	Chicken nuggets, mashed potatoes, corn, whole wheat bread & milk V: Veggie Nuggets	Cheese Pizza, green beans, strawberries & milk
Snack		Animal Crackers & Water	Pretzels & water	Goldfish, bananas & water	Fig newtons & water
January 8=12 Breakfast	Whole grain cheerios, bananas & milk	Waffles, Peaches & Milk	Whole grain pancakes, pears & milk	Nutra grain bars, pineapples & milk	Biscuits with fruit spread, applesauce & milk
Lunch	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: cheese sandwich	Spaghetti with red sauce, veggie crumbles, garlic bread, mandarin oranges, broccoli & milk	Yellow rice, black beans, whole grain bread, peaches & milk	Chicken Patty on whole wheat bun, mashed potatoes, cantaloupe, honeydew & milk V: Veggie Patty	Sun butter and jelly on whole grain bread, peas & carrots, mixed fresh fruit & milk
Snack	Yogurt & water	Veggie straws & water	Animal crackers & water	Graham crackers & water	Goldfish & water

V: Vegetarian Option

January 15-19 Breakfast Lunch Snack	Kix Cereal, Bananas & Milk	Whole Grain Pancakes, Mandarin Oranges & Milk	Nutra grain bars, pears & milk	French toast sticks, pineapple & milk	Toasted bagel with cream cheese, strawberries & Milk
	Grilled cheese on whole grain bread, green beans, applesauce & Milk V: Veggie Nuggets	Chicken Alfredo, peas & carrots, Garlic Bread & Milk V: Plain Alfredo	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: Cheese Sandwich	Mac and cheese, broccoli, oranges, whole grain bread & Milk	Chicken Patty on a Whole Grain bun, tater tots, peaches & Milk V: Veggie Patty
	Veggie Straws & Water	Yogurt, peaches & Water	Vanilla Wafers, Banana Pudding & Water	Pretzels & water	Cheese and crackers, water

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
January 22-26 Breakfast Lunch Snack	Whole Grain Cheerios, Bananas & Milk Spaghetti with red sauce, veggie meatballs, garlic bread, Pears & Milk Graham Crackers, & Water	French toast sticks, oranges & milk Chicken quesadilla with tomatoes and lettuce, peaches, & milk V: Cheese Quesadilla Animal crackers, water	Nutra grain bars, pears & milk Fish sticks, tater tots, whole grain bread, pineapples, milk V: Veggie Nuggets Veggie Straws & Water	Whole Grain Waffles, Peaches & Milk Turkey & Cheese Sandwich on Whole Wheat Bread, Cucumbers and Carrots, Applesauce & Milk V: Cheese Sandwich Pita Bread & Hummus	Toasted Bagel with Cream Cheese, Strawberries & Milk Chicken Nuggets, Peas and Carrots, Whole Grain Bread, Cantaloupe and Honeydew Melon & Milk V: Veggie Nuggets Pretzels

V: Vegetarian Option