



January 2022 Menu

AM Snack	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PM Snack
Mon- Cheese Toast, Fruit, Milk Tues- Bagels w/ Cream Cheese, Milk Wed- Danish, Milk Thurs- Cereal, Fruit, Milk Fri- Mini Blueberry Muffins, Banana, Milk	3 Sweet & Sour Chicken Fried Rice Mandarin Oranges Milk <i>*Plant based meatballs</i>	4 Chicken Crisпитos Spanish Rice Peaches Milk <i>*Potato & Cheese Quesadilla</i>	5 Steak Fingers Mashed Potatoes Mixed Vegetables Pears, Milk <i>*Plant based meatballs</i>	6 Cheese Ravioli Green Beans Mixed Fruit Milk	7 Chicken Alfredo Buttered Carrots Apples Milk <i>*Pasta w/ Alfredo</i>	Mon- Animal Crackers Tues- Cheese & Crackers Wed- Blueberry Bar Thurs- Goldfish Fri- Rice Krispies
Mon- Omelet, Milk Tues- Bagel's w/ Cream Cheese, Milk Wed- Waffles with Syrup, Milk Thurs- Turkey Sausage, Hash Brown, Milk Fri- Cereal, Fruit & Milk	10 Dino Nuggets Mixed Vegetables Tropical Fruit Milk <i>*Plant based meatballs</i>	11 Burrito Spanish Rice Mandarin Oranges <i>*Potato & Cheese Quesadilla</i>	12 Hamburger Sweet Potato Fries Peaches Milk <i>*Veggie Burgers</i>	13 Cheese Pizza Cucumber's w/ Ranch Pineapples Milk	14 Fish Sticks Macaroni & Cheese Broccoli Apples, Milk <i>*Mac & Cheese</i>	Mon- Pretzel Twists Tues- Animal Crackers Wed- Cheez-itz Thurs- Teddy Grahams Fri- Goldfish
Mon- Bagels w/ Cream Cheese & Milk Tues- French Toast, Milk Wed- Biscuit's w/ Jelly, Hash Brown, Milk Thurs- Cereal, Fruit & Milk Fri- Danish, Milk	17 Spaghetti w/Meat Sauce Green Beans Pineapples, Milk <i>*Spaghetti w/ Sauce</i>	18 Cheese Quesadilla Corn Mandarin Oranges Milk	19 Cheeseburger Macaroni Peas Peaches, Milk <i>*Mac & Cheese</i>	20 Chicken Sandwich Tater Tots Tropical Fruit Milk <i>*Veggie Burger</i>	21 Broccoli & Cheese Soup w/ Crackers Apples Milk	Mon- Animal Crackers Tues- String Cheese & Crackers Wed- Pretzels Thurs- Blueberry Bar Fri- Rice Crispy Treats
Mon- Blueberry Muffins, Milk Tues- Bagel's w/ Cream Cheese, Milk Wed- French Toast Sticks w/ Syrup, Milk Thurs- Cereal & Milk Fri- Cheese Toast, Milk	24 BBQ Chicken Ranch Style Beans Pineapples Milk <i>*Plant based meatballs</i>	25 Turkey Soft Taco Corn Mandarin Oranges Milk <i>* Cheese Quesadilla</i>	26 Meatballs w/Gravy Mashed Potatoes Green Beans Peaches, Milk <i>*Veggie Meatballs</i>	27 Chicken Alfredo Corn Mixed Fruit Milk <i>*Alfredo Noodles</i>	28 Cheese Ravioli Green Beans Pears Milk	Mon- Pretzel Twists Tues- Cheez-itz Wed- Blueberry Bar Thurs- Teddy Grahams Fri- Pretzels
Mon- Blueberry Muffins Tues- Bagel's w/ Cream Cheese, Milk Wed- French Toast Sticks w/ Syrup, Milk Thurs- Cereal & Milk Fri- Turkey Sausage, Biscuit, Milk	31 Sweet & Sour Chicken Fried Rice Mandarin Oranges Milk <i>*Plant based meatballs</i>	Feb 1 Chicken Crisпитos Spanish Rice Peaches Milk <i>*Potato & Cheese Quesadilla</i>	Feb 2 Hamburger Sweet Potato Fries Pears Milk <i>*Veggie Burgers</i>	Feb 3 Cheese Pizza Cucumber's w/ Ranch Pineapples Milk	Feb 4 Fish Sticks Macaroni & Cheese Broccoli Apples, Milk <i>*Mac & Cheese</i>	Mon- Pretzel Twists Tues- Cheez-itz Wed- Blueberry Bar Thurs- Teddy Grahams Fri- Crackers and Cheese

***Fresh Fruit Served Daily with all Snacks**