



January Menu 2022

M- Choc Chip Muffins T- Cinnamon Toast W- French Toast Sticks Th: Biscuits and Turkey Sausage F: Waffles	3 Chicken Alfredo Green Beans Peaches Milk and Water	4 Fish Sticks Tater Tots Pineapple Milk and Water	5 Cheese Pizza Corn Mixed Fruit Milk and Water	6 Beef Steak Fingers Carrots Applesauce Milk and Water	7 Chicken Crisпитos Corn Diced Pears Milk and Water	M- Granola Bars T- Cheez-Its W- Goldfish Th- Animal Crackers F- Trail Mix
M- Cinnamon Muffins T- Cheese Toast W- Pancakes Th- Biscuits and Jelly F: Hash Browns	10 Chicken Mac and Cheese Peas Mixed Fruit Milk and Water	11 Chicken Nuggets Mashed Potatoes Mandarin Oranges Milk and Water	12 Fajita Tacos Green Beans Pineapple Milk and Water	13 Salisbury Steak Gravy & Rice Mixed Vegetables Peaches Milk and Water	14 Hamburgers Tater Tots Applesauce Milk and Water	M- Nutri-grain Bars T- Pretzels W- Vanilla Wafers Th- Fig Bars F- Teddy Grahams
M- Choc Chip Muffins T- Cinnamon Toast W- French Toast Sticks Th: Biscuits and Turkey Sausage F: Waffles	17 Beef Steak Fingers Carrots Mixed Fruit Milk and Water	18 Spaghetti w/Meat Marinara Mixed Vegetables Mandarin Oranges Milk and Water	19 Hamburgers Tater Tots Pineapple Milk and Water	20 Chicken Crisпитos Spanish Rice Corn Pears Milk and Water	21 Cheese Pizza Green Beans Applesauce Milk and Water	M- Granola Bars T- Cheez-Its W- Goldfish Th- Animal Crackers F- Trail Mix
M- Cinnamon Muffins T- Cheese Toast W- Pancakes Th- Biscuits and Jelly F: Hash Browns	24 Chicken Sandwich Buttered Carrots Peaches Milk and Water	25 Beef Meatballs w/ Brown Gravy Corn Diced Pears Milk and Water	26 Spaghetti w/Meat Marinara Mixed Vegetables Mandarin Oranges Milk and Water	27 Fish Sticks Tater Tots Pineapple Milk and Water	28 Chicken Nuggets Mashed Potatoes Applesauce Milk and Water	M- Nutri-grain Bars T- Pretzels W- Vanilla Wafers Th- Fig Bars F- Teddy Grahams
M- Choc Chip Muffins T- Cinnamon Toast W- French Toast Sticks Th: Biscuits and Turkey Sausage F: Waffles	31 Chicken Alfredo Green Beans Peaches Milk and Water					M- Granola Bars T- Cheez-Its W- Goldfish Th- Animal Crackers F- Trail Mix