

Meal Plan January 2019

Key: Breakfast, **Breakfast**, Lunch, Snack

	Mon	Tue	Wed	Thu	Fri	Info
Breakfast	31 Assorted Cereal / Milk	1 CLOSED FOR NEW YEAR'S DAY	2*** Assorted Cereal / Milk	3 French Toast Sticks / Milk	4*** Pop Tarts / Milk	*MENU ITEMS SUBJECT TO CHANGE*
Lunch	Beef Nuggets Peas Peaches / Milk		Meatloaf Mashed Potatoes Mandarin Oranges / Milk	Chicken Sandwiches Roasted Broccoli Mixed Fruit / Milk	Cheese Quesadilla Mixed Vegetables Apple Slices / Milk	
<u>Snack</u>	<u>Graham Crackers / Juice / Water</u> ***** CLOSING @ 4:00 P.M.		<u>Rich & Crisp Crackers / Cheese Slices / Juice / Water</u>	<u>Chocolate Chip Oatmeal Squares / Juice / Water</u>	<u>Mini Moon Pies / Juice / Water</u>	
Breakfast	7*** Assorted Cereal / Milk	8*** Waffles / Fruit / Milk	9 Assorted Cereal / Milk	10 Sausage Biscuit / Milk	11 Assorted Cereal / Milk	*We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches.
Lunch	Cheese Tortellini with Sauce Roasted Broccoli Apple Sauce / Milk	Country Fried Steak Mashed Potatoes Mandarin Oranges / Milk	Hot Dog with Bun Green Beans Peaches / Milk	Chicken Nuggets Peas Pears / Milk	Beef Tacos Corn Mixed Fruit / Milk	
<u>Snack</u>	<u>Cheese Crackers / Juice / Water</u>	<u>Oatmeal Cookies / Juice / Water</u>	<u>Oyster Crackers / Pickles / Juice / Water</u>	<u>Fruit Snacks / Juice / Water</u>	<u>Chex Mix / Juice / Water</u>	
Breakfast	14 Assorted Cereal / Milk	15 Mini Muffins / Milk	16 Assorted Cereal / Milk	17*** Pancakes/ Fruit / Milk	18*** Pop Tarts / Milk	***Indicates the lunch may contain Dairy**
Lunch	Steak Fingers Mixed Vegetables Mandarin Oranges / Milk	Meatballs & Macaroni Peas Apple Sauce / Milk	BBQ Beef Sandwiches Corn Mixed Fruit / Milk	Chicken Quesadilla Green Beans Peaches / Milk	Cheese Pizza Salad Pineapple / Milk	
<u>Snack</u>	<u>Teddy Grahams / Juice / Water</u>	<u>Wheat Crackers / String Cheese / Juice / Water</u>	<u>Chocolate Crème Pies / Juice / Water</u>	<u>Mini Pretzel Twist / Juice / Water</u>	<u>Animal Crackers / Juice / Water</u>	
Breakfast	21 Assorted Cereal / Milk	22*** French Toast Sticks / Milk	23 Assorted Cereal / Milk	24 Mini Bagels/Fruit / Milk	25*** Assorted Cereal / Milk	
Lunch	Grilled Chicken Nuggets Carrots Apple Slices / Milk	Lasagna in Meat Sauce Peas Peaches / Milk	Hamburger Hash Corn Mixed Fruit / Milk	Fish Sticks Mixed Vegetables Pineapple / Milk	Turkey & Cheese Sliders Green Beans Mandarin Oranges / Milk	
<u>Snack</u>	<u>Ritz Crackers / Cheese Cubes / Juice / Water</u>	<u>Rice Krispy Treats / Juice / Water</u>	<u>Goldfish Crackers / Juice / Water</u>	<u>Oatmeal Cream Pies / Juice / Water</u>	<u>Veggie Straws / Juice / Water</u>	
Breakfast	28 Assorted Cereal / Milk	29 Blueberry Pancakes / Milk	30*** Assorted Cereal / Milk	31 Waffles / Fruit / Milk	1*** Pop Tarts / Milk	
Lunch	Corn Dog Nuggets Green Beans Mixed Fruit / Milk	Sliced Ham Carrots Pineapple / Milk	Grilled Cheese Sandwich Mixed Vegetables Pears / Milk	Beanie Weanies Corn Apple Slices / Milk	Chicken Parmesan & Pasta Roasted Broccoli Peaches / Milk	
<u>Snack</u>	<u>Vanilla Wafers / Raisins / Juice / Water</u>	<u>Sun Chips / Juice / Water</u>	<u>Fig Bars / Juice / Water</u>	<u>Ritz Bits with Cheese / Juice / Water</u>	<u>Chocolate Animal Crackers / Juice / Water</u>	