



# January Menu

## 2018

<u>Date</u>	<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week of 1/1	Breakfast		Yogurt, fresh fruit	Bagels, cream cheese, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch		Grilled cheese sandwiches, tomato soup, green beans, fruit cocktail	Chicken alfredo, mixed vegetables, pears	Sloppy joes, peas, peaches	Spaghetti w/meat sauce, corn, apple sauce
	Snack		Graham crackers, gogurt	Vanilla wafers, string cheese	Ritz crackers, turkey	Cheeze its, raisins
Week of 1/8	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	English muffins, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Chicken nuggets, corn, tropical fruit	Hamburgers, green beans, fruit cocktail	Chicken spaghetti mixed vegetables, pears	Chicken and dumplings, peas, peaches	Pepperoni pizza, corn, apple sauce
	Snack	Pretzels, carrots	Graham crackers, gogurt	Saltine crackers, cheese	Ritz crackers, turkey	Gold fish, raisins
Week of 1/15	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Waffles, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Macaroni and cheese, corn, pears	Lasagna, peas, fruit cocktail	Chicken and broccoli casserole, green beans, tropical fruit	Chicken and stuffing casserole, mixed vegetables, peaches	Beef stroganoff, corn, apple sauce
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	Vanilla Wafers, Cheese	Ritz crackers, turkey	Cheeze its, raisins
Week of 1/22	Breakfast	Yogurt, granola, fresh fruit	Yogurt, granola, fresh fruit	Pancakes, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Chicken enchilada soup, corn, pears	Chili, peas, fruit cocktail	Chicken and mashed potatoes, mixed vegetables, tropical fruit	BBQ chicken and rice casserole, mixed vegetables, peaches	Tater tot casserole, corn, apple sauce <sup>3</sup>
	Snack	Pretzels, carrots	Graham crackers, gogurt	Saltine crackers, cheese	Ritz crackers, turkey	Gold fish, raisins