



January Menu

2020

	<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week of 1/6	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Oatmeal, fresh fruit	Pancakes, fresh fruit	Cheerios, fresh fruit
	Lunch	Chicken nuggets, corn, pears	Lasagna, green beans, fruit cocktail	Teriyaki chicken, peas, tropical fruit	Chicken stuffing casserole, mixed vegetables, peaches	Hamburgers, carrots, pineapple
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	Saltine crackers, string cheese	Ritz crackers, turkey	Gold fish, raisins
Week of 1/13	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Oatmeal, fresh fruit	Waffles fresh fruit	Cheerios, fresh fruit
	Lunch	Chicken enchilada soup, corn, pears	Beef and bean burritos, green beans fruit cocktail	Chicken noodle soup, pineapple, peas	Chicken pot pie, mixed vegetables, peaches	Goulash, carrots, tropical fruit
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	Saltine crackers, string cheese	Ritz crackers, turkey	Cheeze its, raisins
		Yogurt, granola, fresh fruit	Bagels, fresh fruit	Oatmeal, fresh fruit	Pancakes, fresh frit	Cheerios, fresh fruit
1/20		Macaroni and cheese, peas, Tropical fruit	Baked ziti, green beans, pears	Chicken with mashed potatoes, pineapple, peas	Chicken alfredo, mixed vegetables, fruit cocktail	Chili, carrots, peaches
		Pretzels, cucumbers	Graham crackers, gogurt	String cheese, saltine crackers	Ritz crackers, turkey	Goldfish, raisins
Week of 1/27	Breakfast	Yogurt, granola, fresh fruit	Bagels w/cream cheese, fresh fruit	Oatmeal, fresh fruit	Waffles, fresh fruit	Cheerios, fresh fruit
	Lunch	Grilled cheese sandwiches, tomato soup, peas, pineapple	Spaghetti with meat sauce, corn, fruit cocktail	BBQ chicken sandwiches, pineapple, peas	Cheesy chicken and broccoli casserole, peaches, mixed vegetables	Sloppy joes, carrots, pears
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	String cheese, saltine crackers	Ritz crackers, turkey	Cheeze its, raisins