

Meal Plan January 2022

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

	Mon	Tue	Wed	Thu	Fri	Info
Breakfast Lunch <u>Snack</u>	3 Pop Tarts /Fruit / Milk Macaroni & Cheese Roasted Broccoli Apple Slices / Milk <u>Cheese Whales / Juice / Water</u>	4 Mini Muffins/ Yogurt/Milk Sloppy Joe on Bun Green Beans Mixed Fruit / Milk <u>Graham Crackers / Juice / Water</u>	5 Assorted Cereal/ Fruit / Milk Chicken Quesadilla Corn Pineapple / Milk <u>Chex Mix / Juice / Water</u>	6 Pancakes/Fruit/ Milk Beef Nuggets Mixed Vegetables Mandarin Oranges / Milk <u>Chocolate Chip Cookies / Juice / Water</u>	7 Assorted Cereal/Fruit / Milk Cheese Pizza Salad Peaches / Milk <u>Rich & Crisp Crackers / Pickles / Juice / Water</u>	*MENU ITEMS SUBJECT TO CHANGE*
Breakfast Lunch <u>Snack</u>	10 Assorted Cereal/Fruit / Milk Fish Sticks Carrots Pears / Milk <u>Oatmeal Cookies / Juice / Water</u>	11 French Toast/Fruit /Milk Country Fried Steak Mashed Potatoes Mandarin Oranges / Milk <u>Wheat Crackers / Cheese / Juice / Water</u>	12 Pop Tarts / Fruit / Milk Cheese Tortellini Roasted Broccoli Mixed Fruit / Milk <u>Granola Bars / Juice / Water</u>	13 Waffles / Fruit/ Milk Grilled Chicken Nuggets Corn Peaches / Milk <u>Snack Mix / Juice / Water</u>	14 Assorted Cereal/Fruit / Milk Turkey & Cheese Sliders Green Beans Apple Sauce / Milk <u>Rice Krispy Treats / Juice / Water</u>	*We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches.
Breakfast Lunch <u>Snack</u>	17 Assorted Cereal/Fruit / Milk Chicken Nuggets Peas Peaches / Milk <u>Oyster Crackers / Raisins / Juice / Water</u>	18 Jelly Biscuit/Fruit/Milk Sliced Ham Mixed Vegetables Pineapple / Milk <u>Chocolate Animal Crackers / Juice / Water</u>	19 Assorted Cereal/Fruit / Milk Cheese Quesadilla Corn Apple Slices / Milk <u>Whole Grain Goldfish / Juice / Water</u>	20 Blueberry Pancakes/ Milk Lasagna in Meat Sauce Salad Peas / Milk <u>Vanilla Wafers / Juice / Water</u>	21 Assorted Cereal/Fruit / Milk Hamburger on Bun Tater Tots Mixed Fruit / Milk <u>Ritz Bits with Cheese / Juice / Water</u>	***Indicates the lunch may contain Dairy**
Breakfast Lunch <u>Snack</u>	24 Assorted Cereal/Fruit / Milk Steak Fingers Mixed Vegetables Mandarin Oranges / Milk <u>Teddy Grahams / Juice / Water</u>	25 Waffles/Fruit/ Milk Ravioli Roasted Broccoli Pears / Milk <u>Mini Pretzel Twist / Juice / Water</u>	26 Assorted Cereal/Fruit / Milk Turkey Pepperoni Pizza Salad Peaches / Milk <u>Sugar Cookies / Juice / Water</u>	27 Pancakes /Fruit / Milk Chicken Sandwich Green Beans Pineapple / Milk <u>Cheese Crackers / Juice / Water</u>	28 Assorted Cereal/Fruit / Milk Cowboy Casserole Corn Apple Slices / Milk <u>Assort. Fruit Snacks / Juice /Water</u>	*All sausage, hot dogs, and corn dog nuggets are TURKEY.
Breakfast Lunch <u>Snack</u>	31 Assorted Cereal/Fruit / Milk Pasta, Red Sauce & Cheese Roasted Broccoli Mixed Fruit / Milk <u>Saltines / Cheese / Juice / Water</u>	2/1 Bagels/Fruit/ Milk Beef Tacos Corn Pineapple / Milk <u>Oatmeal Cream Pies / Juice / Water</u>	2/2 Assorted Cereal/Fruit / Milk Fish Shapes Carrots Apple Slices / Milk <u>Cheddar Chex Mix / Juice / Water</u>	2/3 French Toast/Fruit /Milk Salisbury Steak Mashed Potatoes Peaches / Milk <u>Animal Crackers / Juice / Water</u>	2/4 Assorted Cereal/Fruit / Milk Hot Dog Roll ups Green Beans Mandarin Oranges / Milk <u>Potluck Snack / Juice / Water</u>	

