

Meal Plan January 2023

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

	Mon	Tue	Wed	Thu	Fri	Info
Breakfast Lunch <u>Snack</u>	2 CLOSED FOR NEW YEARS	3 Mini Muffins/ Yogurt/Milk Sloppy Joe on Bun Green Beans Mixed Fruit / Milk <u>Graham Crackers / Juice / Water</u>	4 Assorted Cereal/ Fruit / Milk Cheese Quesadilla Corn Pineapple / Milk <u>Chex Mix / Juice / Water</u>	5 Pancakes/Fruit/ Milk Chicken Nuggets Carrots Mandarin Oranges / Milk <u>Chocolate Chip Cookies / Juice / Water</u>	6 Assorted Cereal/Fruit / Milk Cheese Pizza Mixed Vegetables Peaches / Milk <u>Rich & Crisp Crackers / Pickles / Juice / Water</u>	*MENU ITEMS SUBJECT TO CHANGE*
Breakfast Lunch <u>Snack</u>	9 Assorted Cereal/Fruit / Milk Grilled Chicken Nuggets Corn Pears / Milk <u>Oatmeal Cookies / Juice / Water</u>	10 French Toast/Fruit /Milk Country Fried Steak Mashed Potatoes Mandarin Oranges / Milk <u>Wheat Crackers / Cheese / Juice / Water</u>	11 Pop Tarts / Fruit / Milk Cheese Tortellini Roasted Broccoli Mixed Fruit / Milk <u>Granola Bars / Juice / Water</u>	12 Waffles / Fruit/ Milk Fish Sticks Carrots Peaches / Milk <u>Snack Mix / Juice / Water</u>	13 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>	16 Assorted Cereal/Fruit / Milk Beef Nuggets Green Beans Peaches / Milk <u>Oyster Crackers / Raisins / Juice / Water</u>	17 Jelly Biscuit/Fruit/Milk Cheese Quesadilla Corn Mixed Fruit / Milk <u>Chocolate Animal Crackers / Juice / Water</u>	18 Assorted Cereal/Fruit / Milk Sliced Turkey Mixed Vegetables Apple Slices / Milk <u>Whole Grain Goldfish / Juice / Water</u>	19 Blueberry Pancakes/ Milk Macaroni & Cheese Roasted Broccoli Pears / Milk <u>Vanilla Wafers / Juice / Water</u>	20 Assorted Cereal/Fruit / Milk Hamburger on Bun Tater Tots Mandarin Oranges / Milk <u>Ritz Bits with Cheese / Juice / Water</u>	***Indicates the lunch may contain Dairy**
Breakfast Lunch <u>Snack</u>	23 Assorted Cereal/Fruit / Milk Steak Fingers Green Beans Peaches / Milk <u>Teddy Grahams / Juice / Water</u>	24 Waffles/Fruit/ Milk Cheese Ravioli Roasted Broccoli Pears / Milk <u>Mini Pretzel Twist / Juice / Water</u>	25 Assorted Cereal/Fruit / Milk Potluck (pizza, nuggets, fish) Mixed Vegetables Mixed Fruit / Milk <u>Sugar Cookies / Juice / Water</u>	26 Pancakes /Fruit / Milk Chicken Sandwich Carrots Pineapple / Milk <u>Cheese Crackers / Juice / Water</u>	27 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>	30 Assorted Cereal/Fruit / Milk Pasta, Red Sauce & Cheese Roasted Broccoli Mixed Fruit / Milk <u>Saltines / Cheese / Juice / Water</u>	31 Bagels/Fruit/ Milk Mini Corndog Nuggets Green Beans Mandarin Oranges / Milk <u>Oatmeal Cream Pies / Juice / Water</u>	2/1 Assorted Cereal/Fruit / Milk Fish Shapes Carrots Apple Slices / Milk <u>Cheddar Chex Mix / Juice / Water</u>	2/2 French Toast/Fruit /Milk Cheese Pizza Salad Peaches / Milk <u>Animal Crackers / Juice / Water</u>	2/3 Assorted Cereal/Fruit / Milk Beef Taco Salad Corn Pineapple / Milk <u>Potluck Snack / Juice / Water</u>	

