



# January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1/1</b> <b>Meatless Monday!</b></p> <p><b>Breakfast:</b> Cheerios, Melon &amp; Milk <b>Lunch:</b> Whole Grain English Muffin Pizza, Garden Salad/Ranch Dressing, Orange Slices &amp; Milk <b>PM Snack:</b> Pretzels, Cheddar Cheese Cubes &amp; Fruit Infused Water</p>	<p><b>1/2</b></p> <p><b>Breakfast:</b> Whole Grain English Muffin with Grape Jelly, Applesauce &amp; Milk <b>Lunch:</b> Cheesy Spaghetti Bake, Garden Salad/Ranch Dressing, Pears &amp; Milk <b>PM Snack:</b> Tootle Fruity Dip, Graham Crackers &amp; Fruit Infused Water</p>	<p><b>1/3</b></p> <p><b>Breakfast:</b> Whole Grain Waffles, Orange Slices &amp; Milk <b>Lunch:</b> Stuffed Spud, Baked Ham, Whole Grain Bread Stick &amp; Milk <b>PM Snack:</b> Carrot Sticks, Sting Cheese &amp; Fruit Infused Water</p>	<p><b>1/4</b></p> <p><b>Breakfast:</b> Oatmeal, Apple Slices &amp; Milk <b>Lunch:</b> Bowtie Pasta, Baked Chicken, Peaches &amp; Milk <b>PM Snack:</b> Vanilla Yogurt, Graham Crackers &amp; Fruit Infused Water &amp; Fruit Infused Water</p>	<p><b>1/5</b></p> <p><b>AM Snack:</b> Whole Grain Waffles with Syrup, Fruit Cocktail &amp; Milk <b>Lunch:</b> Farmer's Harvest Chili, Cheddar Cheese Cubes, Corn Bread Muffins &amp; Milk <b>PM Snack:</b> Vanilla Yogurt, Pineapple Tidbits &amp; Fruit Infused Water</p>
<p><b>1/8</b> <b>Meatless Monday!</b></p> <p><b>Breakfast:</b> Mini Whole Grain Bagel, Orange Slices &amp; Milk <b>Lunch:</b> Veggin'Out Stew, Whole Grain Grilled Cheese Sandwich, Fruit Cocktail &amp; Milk <b>PM Snack:</b> Cantaloupe, Rice Cakes &amp; Fruit Infused Water</p>	<p><b>1/9</b></p> <p><b>Breakfast:</b> Enriched Grain Kix Cereal, Apple Slices &amp; Milk <b>Lunch:</b> Gobble Up Burger on Whole Grain Bun, Baked Sweet Potato, Cantaloupe &amp; Milk <b>PM Snack:</b> Animal Crackers, Pineapple Tidbits &amp; Fruit Infused Water</p>	<p><b>1/10</b></p> <p><b>Breakfast:</b> Cinnamon Toast, Pears &amp; Milk <b>Lunch:</b> Whole Grain Cheesy Bean &amp; Chicken Quesadilla, Corn on the Cob, Orange Slices &amp; Milk <b>PM Snack:</b> Carrot Sticks, Pretzels &amp; Fruit Infused Water</p>	<p><b>1/11</b></p> <p><b>Breakfast:</b> Enriched Cheesy Grits, Mixed Berries &amp; Milk <b>Lunch:</b> Homemade Chicken Soup, Roasted Potatoes, Whole Grain Bread Stick &amp; Milk <b>PM Snack:</b> Apple Slices, Sting Cheese &amp; Fruit Infused Water</p>	<p><b>1/12</b></p> <p><b>Breakfast:</b> Whole Grain Johnny Applesauce Pancakes with Syrup &amp; Milk <b>Lunch:</b> Baked Turkey Breast, Bunny Sticks, Whole Grain Bread Stick &amp; Milk <b>PM Snack:</b> Pears, Cheddar Cheese Cubes &amp; Fruit Infused Water</p>
<p><b>1/15</b> <b>Meatless Monday!</b></p> <p><b>Breakfast:</b> Cheerios, Melon &amp; Milk <b>Lunch:</b> Whole Grain English Muffin Pizza, Garden Salad/Ranch Dressing, Orange Slices &amp; Milk <b>PM Snack:</b> Pretzels, Cheddar Cheese Cubes &amp; Fruit Infused Water</p>	<p><b>1/16</b></p> <p><b>Breakfast:</b> Whole Grain English Muffin with Grape Jelly, Applesauce &amp; Milk <b>Lunch:</b> Cheesy Spaghetti Bake, Garden Salad/Ranch Dressing, Grapes &amp; Milk <b>PM Snack:</b> Tootle Fruity Dip, Graham Crackers &amp; Fruit Infused Water</p>	<p><b>1/17</b></p> <p><b>Breakfast:</b> Whole Grain Waffles, Orange Slices &amp; Milk <b>Lunch:</b> Stuffed Spud, Baked Ham, Whole Grain Bread Stick &amp; Milk <b>PM Snack:</b> Carrot Sticks, Sting Cheese &amp; Fruit Infused Water</p>	<p><b>1/18</b></p> <p><b>Breakfast:</b> Oatmeal, Apple Slices &amp; Milk <b>Lunch:</b> Bowtie Pasta, Baked Chicken, Peaches &amp; Milk <b>PM Snack:</b> Vanilla Yogurt, Graham Crackers &amp; Fruit Infused Water</p>	<p><b>1/19</b></p> <p><b>AM Snack:</b> Whole Grain Waffles with Syrup, Orange Slices &amp; Milk <b>Lunch:</b> Farmer's Harvest Chili, Cheddar Cheese Cubes, Corn Bread Muffins &amp; Milk <b>PM Snack:</b> Vanilla Yogurt, Pineapple Tidbits &amp; Fruit Infused Water</p>
<p><b>1/22</b> <b>Meatless Monday!</b></p> <p><b>Breakfast:</b> Mini Whole Grain Bagel, Orange Slices &amp; Milk <b>Lunch:</b> Veggin'Out Stew, Whole Grain Grilled Cheese Sandwich, Fruit Cocktail &amp; Milk <b>PM Snack:</b> Cantaloupe, Rice Cakes &amp; Fruit Infused Water</p>	<p><b>1/23</b></p> <p><b>Breakfast:</b> Enriched Grain Kix Cereal, Apple Slices &amp; Milk <b>Lunch:</b> Gobble Up Burger on Whole Grain Bun, Baked Sweet Potato, Cantaloupe &amp; Milk <b>PM Snack:</b> Animal Crackers, Pineapple Tidbits &amp; Fruit Infused Water</p>	<p><b>1/24</b></p> <p><b>Breakfast:</b> Cinnamon Toast, Pears &amp; Milk <b>Lunch:</b> Whole Grain Cheesy Bean &amp; Chicken Quesadilla, Corn on the Cob, Orange Slices &amp; Milk <b>PM Snack:</b> Carrot Sticks, Pretzels &amp; Fruit Infused Water</p>	<p><b>1/25</b></p> <p><b>Breakfast:</b> Enriched Cheesy Grits, Mixed Berries &amp; Milk <b>Lunch:</b> Homemade Chicken Soup, Roasted Potatoes, Whole Grain Bread Stick &amp; Milk <b>PM Snack:</b> Apple Slices, Sting Cheese &amp; Fruit Infused Water</p>	<p><b>1/26</b></p> <p><b>Breakfast:</b> Whole Grain Johnny Applesauce Pancakes with Syrup &amp; Milk <b>Lunch:</b> Baked Turkey Breast, Bunny Sticks, Whole Grain Bread Stick &amp; Milk <b>PM Snack:</b> Grapes, Cheddar Cheese Cubes &amp; Fruit Infused Water</p>
<p><b>1/29</b> <b>Meatless Monday!</b></p> <p><b>Breakfast:</b> Cheerios, Melon &amp; Milk <b>Lunch:</b> Whole Grain English Muffin Pizza, Garden Salad/Ranch Dressing, Orange Slices &amp; Milk <b>PM Snack:</b> Pretzels, Cheddar Cheese Cubes &amp; Fruit Infused Water</p>	<p><b>1/30</b></p> <p><b>Breakfast:</b> Whole Grain English Muffin with Grape Jelly, Applesauce &amp; Milk <b>Lunch:</b> Cheesy Spaghetti Bake, Garden Salad/Ranch Dressing, Grapes &amp; Milk <b>PM Snack:</b> Tootle Fruity Dip, Graham Crackers &amp; Fruit Infused Water</p>	<p><b>1/31</b></p> <p><b>Breakfast:</b> Whole Grain Waffles, Orange Slices &amp; Milk <b>Lunch:</b> Stuffed Spud, Baked Ham, Whole Grain Bread Stick &amp; Milk <b>PM Snack:</b> Carrot Sticks, Sting Cheese &amp; Fruit Infused Water</p>	<p>Milk served is Unflavored whole milk for children age one.</p> <p>Milk served is unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old.</p>	



# January Menu

## Vegetarian Offerings

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1/1</b> <b>Meatless Monday!</b> <b>Breakfast:</b> Cheerios, Melon & Milk <b>Lunch:</b> Whole Grain English Muffin Pizza, Garden Salad/Ranch Dressing, Orange Slices & Milk <b>PM Snack:</b> Pretzels, Cheddar Cheese Cubes & Fruit Infused Water	<b>1/2</b> <b>Breakfast:</b> Whole Grain English Muffin with Grape Jelly, Applesauce & Milk <b>Lunch:</b> Cheesy Spaghetti Bake, Garden Salad/Ranch Dressing, Pears & Milk <b>PM Snack:</b> Tootie Fruity Dip, Graham Crackers & Fruit Infused Water	<b>1/3</b> <b>Breakfast:</b> Whole Grain Waffles, Orange Slices & Milk <b>Lunch:</b> Stuffed Spud, Black Bean Burger, Whole Grain Bread Stick & Milk <b>PM Snack:</b> Carrot Sticks, Sting Cheese & Fruit Infused Water	<b>1/4</b> <b>Breakfast:</b> Oatmeal, Apple Slices & Milk <b>Lunch:</b> Bowtie Pasta, Baked Chik' n Strips, Peaches & Milk <b>PM Snack:</b> Vanilla Yogurt, Graham Crackers & Fruit Infused Water & Fruit Infused Water	<b>1/5</b> <b>AM Snack:</b> Whole Grain Waffles with Syrup, Fruit Cocktail & Milk <b>Lunch:</b> Farmer's Harvest Chili, Cheddar Cheese Cubes, Corn Bread Muffins & Milk <b>PM Snack:</b> Vanilla Yogurt, Pineapple Tidbits & Fruit Infused Water
<b>1/8</b> <b>Meatless Monday!</b> <b>Breakfast:</b> Mini Whole Grain Bagel, Orange Slices & Milk <b>Lunch:</b> Veggin'Out Stew, Whole Grain Grilled Cheese Sandwich, Fruit Cocktail & Milk <b>PM Snack:</b> Cantaloupe, Rice Cakes & Fruit Infused Water	<b>1/9</b> <b>Breakfast:</b> Enriched Grain Kix Cereal, Apple Slices & Milk <b>Lunch:</b> Gobble Up Black Burger on Whole Grain Bun, Baked Sweet Potato, Cantaloupe & Milk <b>PM Snack:</b> Animal Crackers, Pineapple Tidbits & Fruit Infused Water	<b>1/10</b> <b>Breakfast:</b> Cinnamon Toast, Pears & Milk <b>Lunch:</b> Whole Grain Cheesy Bean Quesadilla, Corn on the Cob, Orange Slices & Milk <b>PM Snack:</b> Carrot Sticks, Pretzels & Fruit Infused Water	<b>1/11</b> <b>Breakfast:</b> Enriched Cheesy Grits, Mixed Berries & Milk <b>Lunch:</b> Homemade Canelli Bean & Rice Soup, Roasted Potatoes, Whole Grain Bread Stick & Milk <b>PM Snack:</b> Apple Slices, Sting Cheese & Fruit Infused Water	<b>1/12</b> <b>Breakfast:</b> Whole Grain Johnny Applesauce Pancakes with Syrup & Milk <b>Lunch:</b> Baked Chik' n Strips Bunny Sticks, Whole Grain Bread Stick & Milk <b>PM Snack:</b> Pears, Cheddar Cheese Cubes & Fruit Infused Water
<b>1/15</b> <b>Meatless Monday!</b> <b>Breakfast:</b> Cheerios, Melon & Milk <b>Lunch:</b> Whole Grain English Muffin Pizza, Garden Salad/Ranch Dressing, Orange Slices & Milk <b>PM Snack:</b> Pretzels, Cheddar Cheese Cubes & Fruit Infused Water	<b>1/16</b> <b>Breakfast:</b> Whole Grain English Muffin with Grape Jelly, Applesauce & Milk <b>Lunch:</b> Cheesy Spaghetti Bake, Garden Salad/Ranch Dressing, Grapes & Milk <b>PM Snack:</b> Tootie Fruity Dip, Graham Crackers & Fruit Infused Water	<b>1/17</b> <b>Breakfast:</b> Whole Grain Waffles, Orange Slices & Milk <b>Lunch:</b> Stuffed Spud, Black Bean Burger, Whole Grain Bread Stick & Milk <b>PM Snack:</b> Carrot Sticks, Sting Cheese & Fruit Infused Water	<b>1/18</b> <b>Breakfast:</b> Oatmeal, Apple Slices & Milk <b>Lunch:</b> Bowtie Pasta, Baked Chik' n Strips, Peaches & Milk <b>PM Snack:</b> Vanilla Yogurt, Graham Crackers & Fruit Infused Water	<b>1/19</b> <b>AM Snack:</b> Whole Grain Waffles with Syrup, Orange Slices & Milk <b>Lunch:</b> Farmer's Harvest Chili, Cheddar Cheese Cubes, Corn Bread Muffins & Milk <b>PM Snack:</b> Vanilla Yogurt, Pineapple Tidbits & Fruit Infused Water
<b>1/22</b> <b>Meatless Monday!</b> <b>Breakfast:</b> Mini Whole Grain Bagel, Orange Slices & Milk <b>Lunch:</b> Veggin'Out Stew, Whole Grain Grilled Cheese Sandwich, Fruit Cocktail & Milk <b>PM Snack:</b> Cantaloupe, Rice Cakes & Fruit Infused Water	<b>1/23</b> <b>Breakfast:</b> Enriched Grain Kix Cereal, Apple Slices & Milk <b>Lunch:</b> Gobble Up Black Burger on Whole Grain Bun, Baked Sweet Potato, Cantaloupe & Milk <b>PM Snack:</b> Animal Crackers, Pineapple Tidbits & Fruit Infused Water	<b>1/24</b> <b>Breakfast:</b> Cinnamon Toast, Pears & Milk <b>Lunch:</b> Whole Grain Cheesy Bean Quesadilla, Corn on the Cob, Orange Slices & Milk <b>PM Snack:</b> Carrot Sticks, Pretzels & Fruit Infused Water	<b>1/25</b> <b>Breakfast:</b> Enriched Cheesy Grits, Mixed Berries & Milk <b>Lunch:</b> Homemade Canelli Bean & Rice Soup, Roasted Potatoes, Whole Grain Bread Stick & Milk <b>PM Snack:</b> Apple Slices, Sting Cheese & Fruit Infused Water	<b>1/26</b> <b>Breakfast:</b> Whole Grain Johnny Applesauce Pancakes with Syrup & Milk <b>Lunch:</b> Baked Chik' n Strips Bunny Sticks, Whole Grain Bread Stick & Milk <b>PM Snack:</b> Grapes, Cheddar Cheese Cubes & Fruit Infused Water
<b>1/29</b> <b>Meatless Monday!</b> <b>Breakfast:</b> Cheerios, Melon & Milk <b>Lunch:</b> Whole Grain English Muffin Pizza, Garden Salad/Ranch Dressing, Orange Slices & Milk <b>PM Snack:</b> Pretzels, Cheddar Cheese Cubes & Fruit Infused Water	<b>1/30</b> <b>Breakfast:</b> Whole Grain English Muffin with Grape Jelly, Applesauce & Milk <b>Lunch:</b> Cheesy Spaghetti Bake, Garden Salad/Ranch Dressing, Grapes & Milk <b>PM Snack:</b> Tootie Fruity Dip, Graham Crackers & Fruit Infused Water	<b>1/31</b> <b>Breakfast:</b> Whole Grain Waffles, Orange Slices & Milk <b>Lunch:</b> Stuffed Spud, Black Bean Burger, Whole Grain Bread Stick & Milk <b>PM Snack:</b> Carrot Sticks, Sting Cheese & Fruit Infused Water	<p>Milk served is Unflavored whole milk for children age one.</p> <p>Milk served is unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old.</p>	