



~ January 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31	1 	2 Breakfast: Cheese toast applesauce Lunch: Loaded Potato, Peas and carrots, Fruit Cocktail Snack: Club Cracker Fruited Jello	3 Breakfast: Waffles, Blueberries Lunch: Turkey and Cheese Sandwiches, Mixed vegetables Mandarin oranges Snack: Baked chips and apple slices	4 Breakfast: Muffins and blueberries Lunch: Pizza Diced carrots Peaches Snack: Cheeze its and apple slices	5
6	7 Breakfast: Eggs and turkey sausage Lunch: Grilled Turkey and cheese sandwich, Diced carrots and fruit cocktail Snack: Chex mix and apple slices	8 Breakfast: Bagels, applesauce Lunch: Swedish meatballs/noodles Field peas and Peaches Snack: strawberries and graham crackers	9 Breakfast: waffles and strawberries Lunch: Lasagna with wheat noodles and turkey, Green beans and pears Snack: Cheese sticks and ritz crackers	10 Breakfast: Baked oatmeal Lunch: Chicken and dumplings mixed vegetables, Oranges Snack: Raisins and graham crackers	11 Breakfast: Cereal and strawberries Lunch: Chicken nuggets, Sweet potato fries Pineapple Snack: Pretzels and pears	12
13	14 Breakfast: Cheese Grits and bananas Lunch: Chicken Alfredo, Broccoli Pineapples Snack: Cheeze-its and Jell-O	15 Breakfast: English Muffins and blueberries Lunch: Chicken quesadilla, Black beans and rice ,mandarin oranges Snack: Yogurt parfait	16 Breakfast: Cheesy hash brown casserole Lunch: Turkey and cheese roll up Peas and carrots, Peaches Snack: Graham Crackers and raisins	17 Breakfast: Blueberry waffles Lunch: Baked wheat spaghetti green beans, Fruit cocktail Snack: Wafers and pudding	18 Breakfast: banana muffins Lunch: Pizza, Mixed vegetables Pears Snack: Goldfish and applesauce	19
20	21 	22 Breakfast: Turkey Sausage Biscuits Lunch: Corn Dog nuggets, Corn, Peaches Snack: Cheese sticks and crackers	23 Breakfast: Pancakes and strawberries Lunch: Tostadas, Field peas, Fruit cocktail Snack: Animal crackers and strawberries	24 Breakfast: Turkey bacon, Omelets Lunch: Mac n Cheese, green beans, Pears Snack: Cheese sticks and bananas	25 Breakfast: Cereal and strawberries Lunch: Chicken nuggets, sweet potato fries Pineapple Snack: Chex mix and applesauce	26
27	28 Breakfast: Raisin toast, turkey sausage and yogurt Lunch: Wheat lasagna, field peas, Pears Snack: Cheese sticks and honeydew	29 Breakfast: Cheese Omelets, Turkey Bacon Lunch: Chicken quesadilla, Black beans and rice, Peaches Snack: Grapes and Cheez-its	30 Breakfast: Cereal and honeydew Lunch: Turkey and cheese wheat wraps, Green beans, Mandarin oranges Snack: Yogurt and wafers	31 Breakfast: Bagel and Yogurt Lunch: Chicken Fingers Field Peas, Pears Snack: Vanilla Wafers Cheese sticks		
Notes: menu is subject to change due to unforeseen circumstances (weather, deliveries)						