

## Food Program Menu January 2019

	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Breakfast	Raisin Bran WG (1's/2's Bran Flakes) Applesauce Milk	Waffles WG Peaches Milk	Muffin 100% Orange Juice Milk	Mini-Wheats WG (Cheerios for 1's/2's) Pears Milk	Biscuit Mixed Fruit Milk
Lunch	Cheese Pizza Green Beans Pineapple Milk	Mac and Cheese with Hot Dogs Broccoli Apples Milk	Tuna Salad on Croissant Mixed Veggies Tropical Fruit Milk	Chicken Nuggets Roll Corn Oranges Milk	Ham and Cheese Sandwich Tater Tots Bananas Milk
snack	Pretzels String Cheese	Animal Crackers Milk	Ritz Crackers WG 100% Apple Juice	Yogurt Bananas	Goldfish WG 100% Grape Juice

	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Breakfast		Cheerios WG Applesauce Milk	Bagel and Cream Cheese 100% Orange juice Milk	Waffles WG Mandarin Oranges Milk	Kix Cereal Mixed Fruit Milk
Lunch	Write Start Closed Martin Luther King, Jr. Day 	Pasta Alfredo Broccoli Apples Milk	Chicken Patty on Bun WG (Chicken Nuggets for 1's/2's) Green Beans Pineapple Milk	Turkey and Cheese Sandwich Tater Tots Tropical Fruit Milk	Cheese Quesadilla Corn Bananas Milk
snack		Graham Crackers Milk	Cheese Its 100% Apple Juice	Yogurt Bananas	Saltines WG Sliced Cheese

- Milk is unflavored for Ages 1-5, School Age can have flavored milk
- 1's drink whole milk. 2's and up drink 1% milk
- Menu is subject to change
- "WG" denotes "Whole Grain"