



Menu

January 2012

Monday

Tuesday

Wednesday

Thursday

Friday

2 S: Chex-Mix
Grilled Chicken w/ Tator Tots, & Fruit
S: Wheat Thins & Grapes

3S: Raisin Bread (V)
Chicken Quesadillas w/ Squash, & Fruit
S: Graham Crackers & Apples

4 S:Nutri-Grain Bars (V)
Beef & Broccoli Stir-Fry w/ Brown Rice & Fruit
S: Peaches & Ramen Noodles

5 S:Banana Pancakes(V)
Pepperoni Pizzas w/ Mixed Vegetables & Fruit
S: Turkey Cheese Triangles & Oranges

6 S: Eggs & Poatotes (V)
Grilled Cheese Sandwiches w/ Corn, & Fruit
S: Wheat Thins & Watermelon

9 S: Flour Tortilla w/ Cream Cheese
Sloppy Joes w/ French Fries, & Fruit
S:Teddy Grahams & Pears

10 S: Cheerios (V)
Creamy Bowtie Chicken Alfredo w/ Steamed Broccoli, & Fruit
S: Nut Free PB&J

11 S: Cheese Toast (V)
Beef Tacos w/ Lettuce & Tomatoes, & Fruit
S: Bean Burritos & Pineapple

12 S: Cranberry Muffins
Honey Lemon Chicken w/ Moroccan Rice Pilaf, & Fruit
S: Goldfish & Oranges

13 S: Yogurt (V)
Ham & Cheese Sliders w/ Sweet Potato Fry, & Fruit
S: Animal Crackers & Raspberries

16 S: Pancakes (V)
Chicken Spaghetti w/ Peas, & Fresh Fruit
S: Carrot Sticks w/ Veggie Ranch Dip & Grapes

17 S:Blueberry Muffin (V)
Meatball Minestrone Soup w/ Carrots, French Bread, & Fruit
S: Goldfish & Watermelon

18 S: Bagels & Rasp- (V)
 berry Cream Cheese
Potato & Egg Quesadillas w/ Black Beans & Fruit
S: Cheese-Its & Apple Sauce

19 S: Yogurt Parfait (V)
Beef Lasagna w/ Caesar Salad, & Fruit
S: Apple Wedges & Mozzarella Chunks

20 S: Special K Bars (V)
Turkey Subs w/ Raw Veggies & Ranch, & Fruit
S: Cheddar Cubes, Crackers, & Blueberries

23 S: Banana Muffins (V)
Sweet & Sour Pork w/ Noodles, Snap Peas, & Fruit
S: Berries & Goldfish

24 S: Cheerios (V)
Spaghetti w/ Meatballs, Green Beans, & Fruit
S: Vanilla Wafers & Bananas

25 S: Nutri-Grain Bars
Hand Breaded Oven Baked Chicken Nuggets w/ Mac & Cheese, & Fruit
S: Fig Newton's & Grapes

26 S: Cinnamon Toast
Grilled Curry Chicken w/ Basmati Rice, & Fruit
S: Watermelon & Graham Crackers

27 S: Eggs & Bacon (V)
Nut-Free PB&J Sandwiches w/ Sun Chips, & Fruit
S: Veggie Platter w/ Ranch, & Strawberries

30 Scrambled Eggs & (V)
Bacon
Turkey Wraps w/ Frito Salad, & Fruit
S: Cheese-Its & Blueberries

31 Carrot Muffins (V)
Fettuccine Noodles w/ Turkey Meatballs & Zucchini, & Fruit
S: Fruit Cups & String Cheese