

BEGINNINGS AND BEYOND ~ JANUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		1 NO SCHOOL	2	3	4
LUNCH			W.G. Golden Porridge Pears Milk Turkey Noodle Dinner Broccoli Applesauce Milk Yogurt Graham Crackers Water	Rice Krispies Peaches Milk Tuna/Egg Salad Sandwich Roll Carrots Oranges W.G. Crunchy Oat Squares 100% Apple or Cran/Grape Juice	English Muffin Banana Milk Meatballs in Brown Gravy Cous Cous Green Beans Pineapple Monterey Jack Cheese W.G. Triscuit Crackers Water
SNACK					
BREAKFAST	7	8	9	10	11
LUNCH	Corn Flakes Cereal Pears Milk OMG Chicken Orzo Pasta Carrots Oranges W.G. Wheat Thin Crackers 100% Apple or Cran/Grape Juice	Buttered Raisin Toast Peaches Milk Turkey Meatloaf Dinner Roll Baked Beans Applesauce W.G. Rice Cakes 100% Apple or Cran/Grape Juice	Buttermilk Biscuit Pineapple Milk Cheesy Chicken Quesadillas W.G. Tortillas Corn Mixed Fruit Goldfish Crackers 100% Apple or Cran/Grape Juice	Waffles Pure Maple Syrup Pears Milk Angry Bird Baked Chicken W.W. Bread Slices Green Beans Oranges Chex Mix (Corn Chex, Pretzels, Raisins) 100% Apple or Cran/Grape Juice	W.G. Kix Cereal Banana Milk Cheesy Chicken Melties Mixed Vegetables Grapes Milk W.G. Fruity Oat Mix 100% Apple or Cran/Grape Juice
SNACK					
BREAKFAST	14	15	16	17	18
LUNCH	Pancakes Pure Maple Syrup Oranges Milk Chicken and Roasted Potatoes Dinner Rolls Peaches Milk	Buttered Mini Bagel Oranges Milk BREAKFAST FOR LUNCH Scrambled Eggs Pop's Potatoes Whole Wheat Toast  Pears Milk Banana Whip Graham Crackers Water	W.G. Golden Porridge (Oatmeal) Peaches Milk Crispy Baked Fish Rice Peas and Carrots Applesauce Milk Pretzel Logs 100% Apple or Cran/Grape Juice	Buttered Raisin toast Pineapple Milk Tasty Chicken Tenders Rice Dinner Roll Mixed Fruit Milk W.G. Wheat Thin Crackers 100% Apple or Cran/Grape Juice	W.G. Kix Cereal Banana Milk Homemade Cheese Pizza Broccoli Pears Milk Goldfish Crackers 100% Apple or Cran/Grape Juice
SNACK					
BREAKFAST	21	22	23	24	25
LUNCH	SCHOOL CLOSED  --MARTIN LUTHER KING DAY--	Corn Chex Cereal Applesauce Milk All Natural Turkey Hot Dogs Hot Dog Bun Baked Beans Pineapple W.G. Brown Rice Cakes 100% Apple or Cran/Grape Juice	Corn Muffin Grapes Milk Grilled Cheese on Whole Wheat Bread Mixed Vegetables Mixed Fruit Teddy Bites (Teddy Grahams, Pretzels, Raisins) 100% Apple or Cran/Grape Juice	W.G. Kix Cereal Pears Milk Beef Burger Goulash Cauliflower Dinner Roll Oranges Tortilla Chips Salsa Water	Buttered Buttermilk Biscuits Banana Milk Pasta with Tomato Sauce Meatballs Green Beans Peaches W.G. Crunchy Oat Squares 100% Apple or Cran/Grape Juice
SNACK					
BREAKFAST	28	29	30	31	
LUNCH	English Muffin Pineapple Milk Baked Tilapia Filets Peas and Carrots Mixed Fruit W.W. Bread Slices Teddy Bites (Teddy Grahams, Pretzels, Raisins) 100% Apple or Cran/Grape Juice	Corn Flakes Pears Milk Kids Favorite Chili (Gr.Turkey,Veg) Oyster Crackers Oranges W.G. Wheat Thins 100% Apple or Cran/Grape Juice	W.G. French Toast Pure Maple Syrup Peaches Milk Bow Tie Tuna (Tuna,Noodles,Peas) Applesauce Milk Corn Tortilla Chips Salsa Water	Whole Wheat Toast Pineapple Milk H.M Mac N Cheese Mixed Vegetables Peaches Milk Animal Crackers 100% Apple or Cran/Grape Juice	
SNACK					

Please note that if your child cannot eat any of the items on our menu due to allergies, beliefs, or food preferences, you must provide the meals for your child for that particular day. We are unable to provide alternative foods due to the time schedule and the large number of children we serve. We appreciate your understanding! Thank you!