



# January 2020 Menu



|                 | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|-----------------|--|--|---|--|--|
| <b>AM Snack</b> |  |  | CLOSED  | Nutrigrain, water  | Honey buns, water  |
| <b>Lunch</b>    |  |  |   | Cheese pizza, green beans, pears, milk                                   | Creamy chicken pasta, peas, apples, milk   |
| <b>PM Snack</b> |  |  |   | Yogurt, water  | Oatmeal cookies, water   |
| <b>AM Snack</b> | Whole grain cereal, milk   | Seasoned hash browns, water  | Apple muffin tops, water  | Cheese toast, water  | Honey buns, water  |
| <b>Lunch</b>    | Mac and cheese, peas and carrots, peaches, milk                          | Chicken cheddar melt, mixed veggies, pineapple, milk VEG- cheddar melt | Cheese pizza, green beans, oranges, milk                                | Chicken nuggets, veg. baked beans, apples, milk VEG- veggie nuggets      | Teriyaki chicken with lo mien, peas and carrots, pears, milk VEG- veggie lo mien   |
| <b>PM Snack</b> | Apple sauce, graham crackers, water                                      | Cheese-its, water  | Rice Krispy treats, water   | Chips and nacho cheese, water  | Goldfish, water  |
| <b>AM Snack</b> | Cinnamon toast, water  | Biscuit and gravy, water   | Banana muffins, water   | Brown sugar and cinnamon oatmeal, water                                  | Honey buns, water  |
| <b>Lunch</b>    | Spaghetti in tomato sauce, mixed veggies, pineapple, milk                | Cheese roll-up, carrots, peaches, milk                                 | Italian chicken pasta salad, peas, apples, milk VEG- cheesy pasta salad | Tomato soup, goldfish, oranges, milk                                     | Fish sticks, mashed potatoes, pineapple, milk VEG- veggie nuggets                  |
| <b>PM Snack</b> | Chips and salsa, water   | Apple sauce, graham crackers, water                                    | Oatmeal cookies, water  | Yogurt, water  | Rice Krispy treats, water  |
| <b>AM Snack</b> | Nutrigrain bar, water  | Pancakes, water  | Blueberry muffin, water   | Cheese grits, water  | Honey buns, water  |
| <b>Lunch</b>    | Country baked chicken, diced potatoes, peaches, milk VEG- veggie nuggets | Cheesy chicken penne, peas and carrots, pears, milk VEG- cheesy penne  | Mexican chicken rice, corn, oranges, milk VEG- cheesy rice              | Italian chicken pasta, green beans, apples, milk VEG- cheesy pasta salad | BBQ chicken sliders, veg. baked beans, pears, milk VEG- Boca burger                |
| <b>PM Snack</b> | Apple muffin tops, water   |  |   | Yogurt, water  | Fruit jello, animal crackers, water  |
| <b>AM Snack</b> | Whole grain cereal, milk   | Cheese toast, water  | Apple struddles, water  | Yogurt, water  | Honey buns, water  |
| <b>Lunch</b>    | Vegetarian spaghetti in tomato sauce, mixed veggies, pineapple, milk     | Chicken nuggets, corn, peaches, milk VEG- veggie nuggets               | Cheese pizza, mixed veggies, pears, milk                                | Chicken parmesan, green beans, apples, milk VEG- veggie nuggets          | Teriyaki chicken with lo mien, peas and carrots, oranges, milk VEG- veggie lo mien |
| <b>PM Snack</b> | Applesauce, graham crackers, water                                       | Goldfish, water  | Rice Krispy treats, water   | Chips and salsa, water   | Oatmeal cookies, water   |