



JANUARY



Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST:
Fruit & Juice
Cereal
Milk

LUNCH:
Ropa Vieja e Pollo
Flour Tortilla
Refried Beans
Corn
Fruit
Milk

SNACK
Honey Oat Crackers and Yogurt

5

BREAKFAST:
Fruit & Juice
Bagel w/ cream cheese
and Milk

LUNCH:
Arroz Con Pollo Criollo w/ Corn
Broccoli
Fruit
Milk

SNACK:
Cheez-it and Juice

6

BREAKFAST:
Fruit & Juice
Biscuit w/ jelly
Milk

LUNCH:
Empanada
Moro Rice
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:
President Crackers and Cheese String

7

BREAKFAST:
Fruit & Juice
Pancake w/ syrup
Milk

LUNCH:
Our Famous Meatballs Marinara
Sun Bun
Corn
Fruit and Milk

SNACK:
Chips and Juice

8

BREAKFAST:
Fruit & Juice
Scrambled Egg
Sliced Bread
Milk

LUNCH:
Pizza
Steam Carrots
Fruit and Milk

SNACK:
Trix Cereal and Milk

9

BREAKFAST:
Fruit & Juice
Cereal And Milk

LUNCH:
Chicken Parmesan Sandwich
w/ Sliced Bun
Steam Carrots
Fruit and Milk

SNACK:
Pizza Bites and Apple Slice Pack

12

BREAKFAST:
Fruit & Juice
Cinnamon Bread w/ Butter
Milk

LUNCH:
Special Turkey Taco
Nacho Chips
Refried Beans
Lettuce
Fruit and Milk

SNACK:
Teddy Graham Crackers and Juice

13

BREAKFAST:
Fruit & Juice
Pancake w/ syrup
Milk

LUNCH:
Beefaroni
Cold Broccoli w/ Dressing
Garlic Bread
Fruit and Milk

SNACK:
Pretzel and Cubed Cheese

14

BREAKFAST:
Fruit & Juice
Cheese Slice
English Muffin w/ butter
Milk

LUNCH:
Chicken Tender & Roll
Salad w/dressing
Steamed Baby Carrots
Fruit and Milk

SNACK:
Goldfish Crackers and Juice

15



16





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19

BREAKFAST:

Fruit & Juice
Cereal
Milk

20

LUNCH:

Cheeseburger w/ ketchup
Hamburger Bun
Sliced Carrots
Fruit and Milk

SNACK:

Scooby Doo Crackers and Juice

BREAKFAST:

Fruit & Juice
Waffle w/ syrup
Milk

21

LUNCH:

Lasagna in Bolognese sauce
Broccoli
Corn
Garlic Bread
Fruit and Milk

SNACK:

Crackers & Cubed Cheese

BREAKFAST:

Fruit & Juice
Sliced Bread
Scrambled Egg and Milk

22

LUNCH:

Meat Balls in Marinara
Brown Rice
Peas and Carrots
Fruit and Milk

SNACK:

Churro Crackers and Yogurt

BREAKFAST:

Fruit & Juice
Pancake w/ syrup
Milk

23

LUNCH:

Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:

Chips and Juice

BREAKFAST:

Fruit & Juice
Cereal
Milk

26

LUNCH:

Chicken Nuggets w/ ketchup
Brown Rice
Steamed Carrots
Fruit and Milk

SNACK:

Mozzarella Bread Stick

BREAKFAST:

Fruit & Juice
Biscuit w/butter & jelly
Milk

27

LUNCH:

Mac & Cheese
Mixed Green Salad w/ Dressing
Fruit
Milk

SNACK:

Pretzels and Juice

BREAKFAST:

Fruit & Juice
Fritata
Sliced Bread
Milk

28

LUNCH:

Roasted Chicken
Brown Rice
Red Beans
Steamed Carrots
Fruit & Milk

SNACK:

Goldfish Crackers and Apple

BREAKFAST:

Fruit & Juice
Waffle w/ syrup
Milk

29

LUNCH:

Cheeseburger
Bun
Mixed Vegetables
Fruit and Milk

SNACK:

Chips and Juice

BREAKFAST:

Fruit and Juice
Pancake w/ syrup
Milk

30

LUNCH:

Pizza
Corn
Fruit and Milk

SNACK:

Veggie Crackers and Yogurt

