

LANA	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Carrots	4 th B: Cereal, bananas, milk L: Penne pasta w. red sauce, cauliflower and carrots, oranges, milk S: String cheese, trail mix, milk	5 th B: Multigrain pancakes, pears, milk L: Chicken and vegetable stir fry, rice, pineapple, milk S: Carrot pineapple muffins, grapes, milk	6 th B: Hardboiled egg, toast w. jelly, apples, milk L: Meatloaf, mashed potatoes, orange glazed carrots, peaches, milk S: Apple crisp, milk	7 th B: Oatmeal w/cinnamon & brown sugar, oranges, milk L: Chicken noodle soup, crackers, apples, cucumber salad, milk S: Carrots, hummus, pretzels, milk	8 th B: Carrot muffins, fruit salad, milk L: Cheese quesadilla, tomato corn salsa, refried beans, applesauce, milk S: Oatmeal raisin cookies, apples, milk
	Spinach/ Kale	11 th B: Cereal, bananas, milk L: Beef and barley stew w/ kale, fruit salad, soft roll, milk S: Cinnamon apple muffins, dried fruit, milk	12 th B: Blueberry muffins, oranges, milk L: Chicken salad sandwich w/ grapes, pasta salad, veggie straws, milk S: Spinach dip, pretzels and veggies, milk	13 th B: Ham and cheese eggs, applesauce, milk L: Baked chicken bites, creamed spinach, pears, cous cous, milk S: Vanilla pudding, apples, milk	14 th B: Mini bagels, berry cream cheese, milk L: 2 bean chili, corn muffins, broccoli raisin slaw, pineapple, milk S: Spinach banana smoothie, raisins, milk
Clementines		18 th B: Cereal, bananas, milk L: Mac & Cheese, stewed tomatoes, corn, clementine's, milk S: Apples, string cheese, milk	19 th B: Banana bread, clementine's, milk L: Sloppy joe sliders, veggie chips, carrot salad with raisins, milk S: Choc. Zucchini muffins, grapes, milk	20 th B: Sausage egg bake, pineapple, milk L: Chicken tortilla soup, corn on the cob, pears, milk S: Cucumber dill "tea sandwich" clementine's, milk	22 nd B: Cream of wheat, clementines, milk L: Pasta w/ meatballs, zucchini fritters, grapes, milk S: Baked apples w/ oatmeal and cinnamon ice cream, milk
	Green Beans	25 th B: Cereal, bananas, milk L: Baked ham, applesauce, sauté green beans, milk S: Blue corn chips, tomato and pineapple salsa, milk	26 th B: Crepes, blueberry sauce, sausage links, melon, milk L: Chicken fried rice, green beans, grilled pineapple, milk S: mini jelly sandwiches, raisins, milk	27 th B: Oatmeal w/ apples, grapes, milk L: Beef stroganoff, egg noodles, broccoli, oranges, milk S: Green bean "chips", apples, milk	28 th B: Cinnamon raisin rolls, oranges, milk L: Turkey wraps, veggie slaw w. beans, sweet potato chips, grapes, milk S: Cinn. Pear crisp, dried fruit, milk

❄️ January Menu ❄️