



# January Menu



LANA

	Monday, 4th	Tuesday, 5th	Wednesday, 6th	Thursday, 7th	Friday, 8th
Breakfast	Strawberry Yogurt and Granola, Milk	Cereal, Mixed Fruit, Milk	Cinnamon Crumb Cake, Bananas, Milk	French Toast, Peaches, Milk	Scrambled Eggs and Mini Muffins, Milk/Juice
Lunch	Spaghetti with Red Sauce, Pineapple, Cooked Carrots, Milk	Tator Tot Hotdish with Carrots, Apples, Corn, Milk	Beef Barley Vegetable Soup, Pears, Raw Carrots, Crackers, Milk	Turkey Burger with Cheese, Applesauce, Peas, Milk	Cheese Quesadillas, Oranges, Broccoli, Milk
Snack	Cherry Berry Bars, Milk	Sliced Oranges and Raisins, Milk	Apple Crisp, Milk	Veggies and Dip, Milk	Carrot Cake, Milk
-----	<b>Monday, 11th</b>	<b>Tuesday, 12th</b>	<b>Wednesday, 13th</b>	<b>Thursday, 14th</b>	<b>Friday, 15th</b>
Breakfast	Bagels with Cream Cheese, Milk/Juice	Cereal, Mandarin Oranges, Milk	Banana Bread, Milk/Juice	Cheesy Egg Burritos with Spinach, Milk	Oatmeal, Peaches, Milk
Lunch	Chicken Rice Soup with Vegetables and Spinach, Bananas, Crackers, Milk	Lasagna with Spinach & Kale, Mixed Fruit, Green Beans, Milk	Grilled Turkey Cheese Hoagies with Spinach, Pears, Corn, Milk	Macaroni and Cheese, Apples, Peas, Milk	Cheese Pizza with Spinach, Pineapple, Mixed Veggies, Milk
Snack	Fresh Fruit Salad, Milk	Apple Rings and String Cheese, Milk	Granola Bars, Milk	Pear Muffins, Milk	Applesauce and Graham Crackers, Milk
-----	<b>Monday, 18th</b>	<b>Tuesday, 19th</b>	<b>Wednesday, 20th</b>	<b>Thursday, 21st</b>	<b>Friday, 22nd</b>
Breakfast	Chocolate Chip Zucchini Bread, Milk/Juice	Cereal, Peaches, Milk	Cherry Orange Muffins, Milk/Juice	Pancakes, Mandarin Oranges, Milk	Cream of Wheat, Bananas, Milk
Lunch	Porcupine Meatballs with Rice, Pears, Mixed Veggies, Milk	Mini Corn Dogs, Clementines, Carrots, Milk	French Toast, Turkey Sausage, Applesauce, Corn, Milk	Tomato Bisque Soup, Grilled Cheese Sandwiches, Apples, Peas, Milk	Ham/Turkey and Cheese Roll-Ups, Clementines, Green Beans, Milk
Snack	Yogurt with Granola and Clementines, Milk	Soft Pretzels with Cheese, Milk	Clementine Fruit Jello Salad, Milk	Fresh Fruit Salad with Clementines, Milk	Pumpkin Bars with Cream Cheese Frosting, Milk
-----	<b>Monday, 25th</b>	<b>Tuesday, 26th</b>	<b>Wednesday, 27th</b>	<b>Thursday, 28th</b>	<b>Friday, 29th</b>
Breakfast	Cereal, Pears, Milk	Eggs and Turkey Sausage, Pears, Milk	Cinnamon Toast, Apples, Milk	Pancakes, Mandarin Oranges, Milk	Bagels with Cream Cheese, Milk/Juice
Lunch	Sloppy Joes on a Bun, Peaches, Carrots & Green Beans, Milk	Italian Dunkers, Oranges, Mixed Veggies with Green Beans, Milk	Chicken Strips, Mixed Fruit, Corn & Green Beans, Milk	Cheese Ravioli with Red Sauce, Peaches, Green Beans, Milk	<b>Chef's Choice</b>
Snack	Banana Chocolate Chip Muffins, Milk	Freakie Chocolate Pudding with Graham Crackers, Milk	Veggies and Dip, Milk	Caramel Apples, Milk	Chex Trail Mix, Milk

Carrots

Spinach/  
Kale

Clementines

Green  
Beans