

# January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM: Low-Fat Yogurt &amp; Graham Crackers</p> <p>L: Grilled Cheese on Whole Wheat, Carrots, fresh fruit &amp; milk</p> <p>PM: Apple Slices &amp; Pretzels</p>	<p>4</p> <p>AM: Cinnamon Toast &amp; Milk</p> <p>L: Mac 'N Cheese, Mixed Veggies, fresh fruit &amp; milk</p> <p>PM: Goldfish Crackers &amp; Raisins</p>	<p>5</p> <p>AM: Cereal Bars &amp; Milk</p> <p>L: Chicken Corn Dogs, Green Beans, Fresh Fruit &amp; Milk</p> <p>PM: Craisins &amp; Snack Mix</p>	<p>6</p> <p>AM: Waffles &amp; Bananas</p> <p>L: Turkey &amp; Cheese Pinwheels, Carrots, Fresh Fruit &amp; Milk</p> <p>PM: Graham Crackers &amp; Fresh Fruit</p>	<p>7</p> <p>AM: Cheerios &amp; Milk</p> <p>L: Chicken Nuggets, Mashed Potatoes, Mixed Veggies &amp; Milk</p> <p>PM: String Cheese &amp; Club Crackers</p>
<p>10</p> <p>AM: Toasted Bagel &amp; Cream Cheese</p> <p>L: Fish Sticks, Rice Pilaf, Carrots, Peas &amp; Milk</p> <p>PM: Goldfish Crackers &amp; Craisins</p>	<p>11</p> <p>AM: Cereal Bars &amp; Milk</p> <p>L: Pasta w/ Marinara Sauce, Mixed Veggies &amp; Milk</p> <p>PM: Animal Crackers &amp; Fresh Fruit</p>	<p>12</p> <p>AM: Pancakes &amp; Fresh Fruit</p> <p>L: Grilled Chicken Taquitos, Fresh Fruit &amp; Milk</p> <p>PM: String Cheese &amp; Club Crackers</p>	<p>13</p> <p>AM: English Muffin w/ Jelly &amp; Milk</p> <p>L: Cheese Quesadillas, Refried Beans, Fresh Fruit &amp; Milk</p> <p>PM: Fresh Fruit &amp; Snack Mix</p>	<p>14</p> <p>AM: French Toast Sticks &amp; Milk</p> <p>L: Turkey &amp; Cheese Slices, Crackers, Fresh Fruit &amp; Milk</p> <p>PM: Graham Crackers &amp; Fresh Fruit</p>
<p>17</p> <p>AM: Low-Fat Yogurt &amp; Graham Crackers</p> <p>L: Cheesy Scrambled Eggs, Tater Tots, Fresh Fruit &amp; Milk</p> <p>PM: Pita Triangles &amp; Hummus</p>	<p>18</p> <p>AM: Cinnamon Toast &amp; Milk</p> <p>L: Turkey &amp; Cheese on Hawaiian Rolls, Carrots, Fresh Fruit &amp; Milk</p> <p>PM: Snack Mix &amp; Raisins</p>	<p>19</p> <p>AM: Cereal Bars &amp; Milk</p> <p>L: Turkey "Sloppy Joes", Mixed Veggies, Fresh Fruit &amp; milk</p> <p>PM: String Cheese &amp; Club Crackers</p>	<p>20</p> <p>AM: Waffles &amp; Bananas</p> <p>L: Pasta Alfredo, Steamed Broccoli, Fresh Fruit &amp; Milk</p> <p>PM: Pretzels &amp; Craisins</p>	<p>21</p> <p>AM: Cheerios &amp; Milk</p> <p>L: Bean &amp; Cheese Burrito, Fresh Fruit &amp; Milk</p> <p>PM: Animal Crackers &amp; Fresh Fruit</p>
<p>24</p> <p>AM: Toasted Bagel &amp; Cream Cheese</p> <p>L: Turkey Hot Dog, Tater Tots, Fresh Fruit, &amp; Milk</p> <p>PM: String Cheese &amp; Pretzels</p>	<p>25</p> <p>AM: Cereal Bars &amp; Milk</p> <p>L: Turkey Sliders, Fresh Fruit, Carrot Sticks &amp; Milk</p> <p>PM: Animal Crackers &amp; Fresh Fruit</p>	<p>26</p> <p>AM: Pancakes &amp; Fresh Fruit</p> <p>L: Pasta w/ Butter &amp; Parmesan, Mixed Veggies, Fresh Fruit &amp; Milk</p> <p>PM: Crackers &amp; Sliced Cheese</p>	<p>27</p> <p>AM: English Muffin w/ Jelly &amp; Milk</p> <p>L: Chicken Noodle Soup, Cheese &amp; Crackers, Fresh Fruit &amp; Milk</p> <p>PM: Snack Mix &amp; Fresh Fruit</p>	<p>28</p> <p>AM: French Toast Sticks &amp; Milk</p> <p>L: Cheese Quesadillas, Refried Beans, Fresh Fruit &amp; Milk</p> <p>PM: Goldfish Crackers &amp; Raisins</p>
<p>31</p> <p>AM: Cinnamon Toast &amp; Milk</p> <p>L: Cheese Pizza, Green Beans, Fresh Fruit &amp; Milk</p> <p>PM: Pretzels &amp; Fresh Fruit</p>				

Breakfast is served until 7:15 and is always fresh fruit, cold cereal, and milk.