



Weekly Menu

Week of: January 14th

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast-Served from 7:30-8:30

Milk ●

Milk ●

Milk ●

Milk ●

Milk ●

Whole Grain Pancakes ▼ ● Scrambled Eggs w/ sausage

● Toast w/ Grape Jelly

● Pumpkin Muffins ▼ ●

Raisin Bran Cereal

Applesauce

Pears

Orange Slices

Mandarin Oranges

Blueberries

Mid-morning Snack

Garden Veggie Straws

Slice of Turkey and Cheese ●

Yogurt Parfait ●

Whole Grain Goldfish ●

Whole Grain Cheez Its ●

Lunch-Served 11:30-12:00

Milk ●

Milk ●

Milk ●

Milk ●

Milk ●

Club Wrap w/ Cheese ● Toasted Cheese Sandwich ●

● Spaghetti and Meatballs ●

● Hamburger on a Bun

Salad w/ Ranch ● ▼

● Tomato Soup ●

Corn

● English Muffin ● ▼

Mixed Vegetables

Bananas

Cucumbers w/ Ranch ● ▼

● Peaches

Mixed Fruit

Afternoon Snack

Fresh Apple Slices

Pineapple

Pretzels

Orange Slices

Fresh Apple Slices

Sunbutter and Honey on

Craisins

Corn Puffs

Raisins

a Saline Cracker

● Spectrum Station Mix ●

The food items above may contain the following:

Dairy ●

Egg ▼

Pork ■

Dyes ◆

