

January 2019

Toddler substitution in ()

Fruit Selections: Grapes, Apples, Oranges,

* wg whole grain

Breakfast and Lunch: Whole milk 2yrs-younger, 2% 3's & 4's

(bananas, berries, melon

Juice Selections: Apple Grape orange

ants on log/ raft: celery or grams with cream cheese and raisins(banana) Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		1	2. wg cereal	3. Oatmeal/Milk	4. oranges w/dry Kix
Lunch		closed New Years	chicken alfredo carrots Fresh Fruit	tacos potatoes Fresh Fruit	Lasagna w/ meat cooked corn Fresh Fruit
PM Snack			animal crackers/juice	apple slices/(wg) crackers	chex mix /juice
Breakfast	7 . english Muffins	8.grams/fresh fruit	9. wg cereal / banana	10. Oatmeal/milk	11 pancakes/berries
Lunch	spaghetti/meatballs broccoli Fresh Fruit	chicken fajitas/shells cheese and raisins(banana Fresh Fruit	cheese pizza peas Fresh Fruit	chicken pot pie-biscuits roasted potatoes Fresh Fruit	beef tacos refried beans Fresh Fruit
PM Snack	pretzels/ Juice	pita chips/dips/juice	wheat thins/ juice	cheese sticks/club crackers	cheese chex mix /juice
Breakfast	14. mini bagels/oranges	15 corn chex cereal w/milk	16. grain bars/grapes	17. yogurt w/fruit	18. applesauce/grams
Lunch	meatloaf red potatoes Fresh Fruit	beef and noodles carrots Fresh Fruit	chicken tenders peas Fresh Fruit	Ham &cheese on wheat baked beans Fresh Fruit	sesame chicken & noodle broccoli Fresh Fruit
PM Snack	triscuits/juice	Pepper slice/oyster crackers	cheese -it's/juice	cheese and crackers	junior chex mix /Juice
Breakfast	21	22. cinnamon rolls/milk	23. cheerios/banana	24. oatmeal/peaches	25 biscuits/berries
Lunch	closed Martin Luther King day	chili roasted corn Fresh Fruit	chicken patty cooked carrots Fresh Fruit	mac and cheese peas Fresh Fruit	spaghetti/meatballs broccoli Fresh Fruit
PM Snack		carrots/dip/juice	vanilla wafers/juice	cheese cubes/pretzels	cheesy chex mis/ juice
Breakfast	28.cinnamon rolls/milk	29.french toast stick/milk	30. branflakes/raisins	31. Yogurt/cheerios	
Lunch	hamburgers baked beans Fresh Fruit	chicken alfredo cooked carrots Fresh Fruit	chicken tenders roasted potatoes Fresh Fruit	cheese pizza broccoli Fresh Fruit	
PM Snack	cucumber/crackers	grape tomatoes/cheese cubes	goldfish/Juice	cereal mix/juice	
Breakfast					
Lunch					

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PM Snack