

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2 Morning Snack <i>cheerios and raisins</i> Lunch <i>chicken nuggets, mixed veggies, and mixed fruit</i> Afternoon Snack <i>pretzels and cheese stick* Toddlers: crackers and cheese stick</i>	3 Morning Snack <i>applesauce and graham cracker</i> Lunch <i>wowbutter and jelly sandwich*, mixed veggies, and pears</i> Afternoon Snack <i>trailmix*</i>	4 Morning Snack <i>rice cake and cream cheese *</i> Lunch <i>turkey and cheese subs*, veggie straws, and pineapple</i> Afternoon Snack <i>cheez-it trailmix *</i>	5
6	7 Breakfast <i>cereal mix and raisins</i> Lunch <i>salami and cheese wraps*, mixed veggies, and pears</i> Afternoon Snack <i>pretzels and hummus Toddlers: crackers and hummus</i>	8 Breakfast <i>Banana and gogurt*</i> Lunch <i>chicken fettuccine*, spinach, and peaches</i> Afternoon Snack <i>grapes and vanilla wafers*</i>	9 Morning Snack <i>applesauce and graham crackers</i> Lunch <i>sloppy joes*, green beans, and mixed fruit</i> Afternoon Snack <i>cucumbers and carrots with dip*</i>	10 Morning Snack <i>rice cake and cream cheese*</i> Lunch <i>goulash*, mixed veggies, and pineapple</i> Afternoon Snack <i>goldfish* and craisins</i>	11 Morning Snack <i>nutrigrain bar with milk*</i> Lunch <i>turkey and cheese sub*, veggie straws, and pears</i> Afternoon Snack <i>skinny pop and raisins Toddlers: pirate booty and raisins</i>	12
13	14 Morning Snack <i>bagel and cream cheese*</i> Lunch <i>turkey and cheese roll up*, veggie straws, and pineapple</i> Afternoon Snack <i>cheez-it trailmix *</i>	15 Morning Snack <i>cheerios, cinnamon chex and raisins</i> Lunch <i>spaghetti and meatballs, spinach, and pears</i> Afternoon Snack <i>vanilla wafers and gogurt*</i>	16 Morning Snack <i>biscuit* and jelly</i> Lunch <i>creamy butter parmesan cheese chicken pasta* with green beans, and mixed fruit</i> Afternoon Snack <i>apples and pretzels Toddlers: crackers and apples</i>	17 Morning Snack <i>apple juice and graham crackers</i> Lunch <i>tacos*, spinach, and peaches</i> Afternoon Snack <i>chips and salsa Toddlers: crackers and cheese*</i>	18 Morning Snack <i>rice cake and cream cheese*</i> Lunch <i>turkey dog*, beans, and mixed fruit</i> Afternoon Snack <i>trailmix*</i>	19
20	21 Morning Snack <i>cheerios and raisins</i> Lunch <i>ham and cheese bagel sandwich*, mixed veggies, and pears</i> Afternoon Snack <i>goldfish* and grapes</i>	22 Morning Snack <i>banana and graham crackers</i> Lunch <i>meatballs, bread w/butter, green beans, and peaches</i> Afternoon Snack <i>carrots and cucumbers with dip*</i>	23 Morning Snack <i>gogurt* and berries</i> Lunch <i>macaroni and cheese*, spinach, and pineapple</i> Afternoon Snack <i>crackers and hummus</i>	24 Morning Snack <i>nutrigrain bar and milk*</i> Lunch <i>chicken patty sandwich*, spinach, and mixed fruit</i> Afternoon Snack <i>vanilla wafers* and wowbutter</i>	25 Morning Snack <i>applesauce and cheerios</i> Lunch <i>wowbutter and jelly sandwich*, veggie straws, and pineapple</i> Afternoon Snack <i>pretzels and cheese dip* Toddlers: crackers and cheese dip*</i>	26
27	28 Morning Snack <i>nutrigrain bar and milk*</i> Lunch <i>chicken nuggets, mixed veggies, and pears</i> Afternoon Snack <i>pretzels and cheese stick* crackers and cheese stick*</i>	29 Morning Snack <i>apple juice and vanilla wafers*</i> Lunch <i>chicken parmesan* with spinach, and peaches</i> Afternoon Snack <i>pickle and goldfish*</i>	30 Morning Snack <i>apple sauce and graham crackers</i> Lunch <i>sloppy joes*, green beans and mixed veggies</i> Afternoon Snack <i>veggie straws and cheese stick*</i>	31 Morning Snack <i>bagel and cream cheese*</i> Lunch <i>macaroni and cheese*, mixed veggies, and oranges</i> Afternoon Snack <i>cucumbers and carrots with dip*</i>	1	2