




January 2024 Breakfast




Mon	Tue	Wed	Thu
1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 Cornflakes Cereal (1/2 cup) Peaches (1/2 cup) Skim Milk (3/4 cup)
8 Cheerios Cereal (1/2 cup) Pineapple (1/2 cup) Skim Milk (3/4 cup)	9 Waffles (17 gm.) Tropical Fruit (1/2 cup) Skim Milk (3/4 cup)	10 Cheese Rounds (.5 oz) Apple Juice (1/2 cup) Skim Milk (3/4 cup)	11 Bagels (14 gm.) Applesauce (1/2 cup) Skim Milk (3/4 cup)
15 Frosted Mini Wheats (1/2 cup) Pineapple (1/2 cup) Skim Milk (3/4 cup)	16 French Toast (35 gm.) Blueberries (1/2 cup) Skim Milk (3/4 cup)	17 Oatmeal (1/3 cup) Mixed Fruit (1/2 cup) Skim Milk (3/4 cup)	18 Cheese Quesadillas (.5 oz.) Oranges (1/2 each) Skim Milk (3/4 cup)
22 Rice Crispie Cereal (1/2 cup) Mandarin Oranges (1/2 cup) Skim Milk (3/4 cup)	23 Malt-O-Meal (1/3 cup) Applesauce (1/2 cup) Skim Milk (3/4 cup)	24 Cinnamon Toast (1/2 slice) Strawberries (1/2 cup) Skim Milk (3/4 cup)	25 Pancakes (17 gm.) Tropical Fruit (1/2 cup) Skim Milk (3/4 cup)
29 Kix Cereal (1/2 cup) Applesauce (1/2 cup) Skim Milk (3/4 cup)	30 Cheese Rounds (.5 oz.) Mandarin Oranges (1/2 cup) Skim Milk (3/4 cup)	31 Bagels (14 gm.) Mixed Berries (1/2 cup) Skim Milk (3/4 cup)	



January 2024 Lunch



Mon	Tue	Wed	Thu
1 NO	2 SCHOOL	3 SCHOOL	4 Spaghetti/Meat Sauce (1.5 oz.) Green Beans (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)
8 Chicken Enchiladas (1.5 oz.) Lettuce Salad (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)	9 Chicken Nuggets (1.5 oz.) French Fries (1/4 cup) Applesauce (1/4 cup) Skim Milk (3/4 cup)	10 Chicken & Noodles (1.5 oz.) Carrots (1/4 cup) Peaches (1/4 cup) Skim Milk (3/4 cup)	11 Mandarin Orange Chicken (1.5oz) Broccoli (1/4 cup) Rice (1/4 cup) Mixed Fruit (1/4 cup) Skim Milk (3/4 cup)
15 Cheese Ravioli (1.5 oz.) Brussel Sprouts (1/4 cup) Pears (1/2 cup) Skim Milk (3/4 cup)	16 Hamburgers/Buns (1.5 oz.) French Fries (1/4 cup) Peaches (1/4 cup) Skim Milk (3/4 cup)	17 Chicken Fajitas/Tortillas (1.5 oz.) Mixed Vegetables (1/4 cup) Tropical Fruit (1/4 cup) Skim Milk (3/4 cup)	18 Chicken Patties (1.5 oz.) Mashed Potatoes (1/4 cup) Applesauce (1/4 cup) Bread(1/2) Skim Milk (3/4 cup)
22 Beef Stroganoff (1.5 oz.) Corn (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)	23 Chili Soup (1.5 oz.) Pineapple (1/4 cup) Saltine Crackers (11 gm.) Skim Milk (3/4 cup)	24 Breaded Mozzarella Cheese (1.5) Lettuce Salad (1/4 cup) Peaches (1/4 cup) Skim Milk (3/4 cup)	25 Taco Bake (1.5 oz.) Green Beans (1/4 cup) Blueberries (1/4 cup) Skim Milk (3/4 cup)
29 Nachos/Cheese/Meat (1.5 oz.) Mixed Vegetables (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)	30 Sloppy Joe/Bun (1.5 oz.) Spinach Salad (1/4 cup) Grapes (1/4 cup) Skim Milk (3/4 cup)	31 Vegetable Beef Soup (1.5 oz.) Pineapple (1/4 cup) Saltine Crackers (11 gm.) Skim Milk (3/4 cup)	



January 2024 Snack



Mon	Tue	Wed	Thu
1 NO	2 SCHOOL	3 SCHOOL	4 Bagels (13 gm) Cream Cheese Skim Milk (1/2 cup)
8 Cheese Sandwich Water	9 Cottage Cheese (1/3 cup) Peaches (1/2 cup) Water	10 Bug Bite Crackers (14 gm) Skim Milk (1/2 cup)	11 Orange Slices (1/2 cup) Skim Milk (1/2 cup)
15 Goldfish Crackers (10 gm) Skim Milk (1/2 cup)	16 String Cheese (1/2 oz) Club Cracker (11 gm) Skim Milk (3/4 cup)	17 Strawberries (1/2 cup) Hard Pretzels (11 gm) Water	18 Tortilla Chips (14 gm) Apple Juice (1/2 cup)
22 Broccoli Florets (1/2 cup) Ranch Dressing Skim Milk (1/2 cup)	23 Cheese-It Crackers (11 gm) Skim Milk (1/2 cup)	24 Strawberry Yogurt (4 oz) Banana (1/2 cup/1 each) Water	25 Simply Chex (14 gm) Skim Milk (1/2 cup)
29 Ham or Turkey Sandwich Water	30 Mixed Fruit Cup (1/2 cup) Saltine Crackers (11 gm) Water	31 Breadstick with Mozzarella (1) Marinara Sauce Water	