



# JANUARY

Monday

Tuesday

Wednesday

Thursday

Friday

**BREAKFAST:**

Fruit & Juice  
Cereal  
Milk

5

**LUNCH:**

Ropa Vieja e Pollo  
Flour Tortilla  
Refried Beans  
Corn  
Fruit  
Milk

**SNACK**

Honey Oat Crackers and Yogurt

**BREAKFAST:**

Fruit & Juice  
Bagel w/ cream cheese  
and Milk

6

**LUNCH:**

Arroz Con Pollo Criollo w/ Corn  
Broccoli  
Fruit  
Milk

**SNACK:**

Cheez-it and Juice

**BREAKFAST:**

Fruit & Juice  
Biscuit w/ jelly  
Milk

7

**LUNCH:**

Empanada  
Moro Rice  
Mixed Green Salad w/ Dressing  
Fruit and Milk

**SNACK:**

President Crackers and Cheese String

**BREAKFAST:**

Fruit & Juice  
Pancake w/ syrup  
Milk

8

**LUNCH:**

Our Famous Meatballs Marinara  
Sun Bun  
Corn  
Fruit and Milk

**SNACK:**

Chips and Juice

**BREAKFAST:**

Fruit & Juice  
Scrambled Egg  
Sliced Bread  
Milk

9

**LUNCH:**

Pizza  
Steam Carrots  
Fruit and Milk

**SNACK:**

Trix Cereal and Milk

**BREAKFAST:**

Fruit & Juice  
Cereal And Milk

12

**LUNCH:**

Chicken Parmesan Sandwich  
w/ Sliced Bun  
Steam Carrots  
Fruit and Milk

**SNACK:**

Pizza Bite and Apple Slice Pack

**BREAKFAST:**

Fruit & Juice  
Cinnamon Bread w/ Butter  
Milk

13

**LUNCH:**

Special Turkey Taco  
Nacho Chips  
Refried Beans  
Lettuce  
Fruit and Milk

**SNACK:**

Teddy Graham Crackers and Juice

**BREAKFAST:**

Fruit & Juice  
Pancake w/ syrup  
Milk

14

**LUNCH:**

Beefaroni  
Cold Broccoli w/ Dressing  
Garlic Bread  
Fruit and Milk

**SNACK:**

Pretzel and Cubed Cheese

**BREAKFAST:**

Fruit & Juice  
Cheese Slice  
English Muffin w/ butter  
Milk

15

**LUNCH:**

Chicken Tender & Roll  
Salad w/dressing  
Steamed Baby Carrots  
Fruit and Milk

**SNACK:**

Goldfish Crackers and Juice

16





Monday

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Thursday

Friday



19

**BREAKFAST:**

Fruit & Juice  
Cereal  
Milk

20

**LUNCH:**

Cheeseburger w/ ketchup  
Hamburger Bun  
Sliced Carrots  
Fruit and Milk

**SNACK:**

Scooby Doo Crackers and Juice

**BREAKFAST:**

Fruit & Juice  
Waffle w/ syrup  
Milk

21

**LUNCH:**

Lasagna in Bolognese sauce  
Broccoli  
Corn  
Garlic Bread  
Fruit and Milk

**SNACK:**

Crackers & Cubed Cheese

**BREAKFAST:**

Fruit & Juice  
Sliced Bread  
Scrambled Egg and Milk

22

**LUNCH:**

Meat Balls in Marinara  
Brown Rice  
Peas and Carrots  
Fruit and Milk

**SNACK:**

Churro Crackers and Yogurt

**BREAKFAST:**

Fruit & Juice  
Pancake w/ syrup  
Milk

23

**LUNCH:**

Pizza  
Mixed Green Salad w/ Dressing  
Fruit and Milk

**SNACK:**

Chips and Juice

**BREAKFAST:**

Fruit & Juice  
Cereal  
Milk

26

**LUNCH:**

Chicken Nuggets w/ ketchup  
Brown Rice  
Steamed Carrots  
Fruit and Milk

**SNACK:**

Mozzarella Bread Stick

**BREAKFAST:**

Fruit & Juice  
Biscuit w/butter & jelly  
Milk

27

**LUNCH:**

Mac & Cheese  
Mixed Green Salad w/ Dressing  
Fruit  
Milk

**SNACK:**

Pretzels and Juice

**BREAKFAST:**

Fruit & Juice  
Fritata  
Sliced Bread  
Milk

28

**LUNCH:**

Roasted Chicken  
Brown Rice  
Red Beans  
Steamed Carrots  
Fruit & Milk

**SNACK:**

Goldfish Crackers and Apple

**BREAKFAST:**

Fruit & Juice  
Waffle w/ syrup  
Milk

29

**LUNCH:**

Cheeseburger  
Bun  
Mixed Vegetables  
Fruit and Milk

**SNACK:**

Chips and Juice

**BREAKFAST:**

Fruit and Juice  
Pancake w/ syrup  
Milk

30

**LUNCH:**

Pizza  
Corn  
Fruit and Milk

**SNACK:**

Veggie Crackers and Yogurt

