

	Mon	Tue	Wed	Thu	Fri	
January Menu 2022						

	<p>3. B: Oatmeal, Fresh Bananas, And Milk</p> <p>L: Grilled Cheese Sandwiches, Tomato Soup, Honey Dew, and Milk</p> <p>S: Gold Fish Pretzels, and Milk</p>	<p>4. B: Cheerios, Fresh Strawberries, and Milk</p> <p>L: Chicken and Broccoli Casserole, Steamed Rice, Fresh Pears, and Milk</p> <p>S: Graham Crackers and Strawberry Cream Cheese</p>	<p>5. B: Warm Tortilla, Boiled Eggs, Apple Sauce And Milk</p> <p>L: Chicken Tortilla Soup with Tomatoes and Potatoes, Diced Cantaloupe and Milk</p> <p>S: WW Crackers, Cheese Sticks, and Water</p>	<p>6. B: Homemade Oatmeal, Blueberries and Milk</p> <p>L: Chicken Nuggets, Brown Rice, Sweet Peas, Fresh Apples, and Milk</p> <p>S: WW Goldfish Crackers, and Milk</p>	<p>7. B: Cinnamon Chex Cereal, Bananas, and Milk</p> <p>L: Turkey and Cheese Sandwiches, Green Salad with Tomatoes, Tropical Fruit, and Milk</p> <p>S: Chex Mix, and Milk</p>	
	<p>10. B: Homemade Grits, Bananas, and Milk</p> <p>L: Pasta Primavera W/Tomatoes, Squash, Zucchini and Parmesan Cheese</p> <p>S: Diced Cheese, Corn Chips, and Water</p>	<p>11. B: Cheerios Cereal, Fresh Blueberries, and Milk</p> <p>L: Homemade Chicken Jambalaya with Yellow Rice, Black Beans, Diced Peaches and Milk</p> <p>S: Fresh Apples with Sun Butter and Water</p>	<p>12. B: WW Waffles, Apple Sauce and Milk.</p> <p>L: Homemade Chicken Pot Pie W/ Peas, Carrots, Blackberries and Milk</p> <p>S: Graham Crackers, Fresh Raspberries, and Water</p>	<p>13. B: WW Pancakes, Sliced Peaches and Milk</p> <p>L: Teriyaki Drumsticks, Steamed Green Beans, Fresh Apples, WW Dinner Rolls and Milk</p> <p>S: Tortilla Chips With Hummus, and Water</p>	<p>14. B: Corn Flakes Cereal, Fresh Blueberries, and Milk</p> <p>L: Turkey Taco, WW Tortilla, with Diced Tomatoes and Cheese, Diced Pears, and Milk</p> <p>S: Animal Crackers, Applesauce and Water</p>	
	<p>MLK Holiday</p>	<p>18. B: Rice Chex Cereal, Fresh Red Apples, and Milk</p> <p>L: Tuna Salad On WW Bread, Garden Salad, Tropical Fruit, and Milk</p> <p>S: Chex Mix, Sliced Apples, and Water</p>	<p>19. B: English Muffins, Apple Sauce, and Milk</p> <p>L: Turkey with Marinara Meat Sauce with Pasta, Steam Green Beans, Fresh Blueberries, and Milk</p> <p>S: Cheese Sticks, WW Crackers And Water</p>	<p>20 B: WW Blueberry Bagels, Fresh Blueberries, and Milk</p> <p>L: Homemade Chicken Noodle Soup with Vegetables, Fresh Raspberries and Milk</p> <p>S: Pita Bread, Hummus and Water</p>	<p>21. B: Homemade Grits, Bananas, and Milk</p> <p>L: Diced Turkey Chef Salad W/Cucumbers and Tomatoes</p> <p>S: Wheat Gold Fish Crackers, Applesauce and Water</p>	
	<p>24 B: Egg Patty, WW Tortilla, Fresh Blackberries and Milk</p> <p>L: Pasta Marinara with Cheese, Sonoma Vegetable Blend, Cantaloupe and Milk</p> <p>S: Goldfish, Apple Sauce and Water</p>	<p>25 B: Kix Cereal, Fresh Blueberries and Milk</p> <p>L: Turkey and Cheese Rollup, Garden Salad, Diced Pears and Milk</p> <p>S: Animal Crackers, Fresh Raspberries, and Water</p>	<p>26 B: WW Waffles, Diced Peaches and Milk</p> <p>L: Chicken Salad on WW Crackers, Coleslaw, And Sliced Apples and Milk</p> <p>S: Graham Crackers and Raspberries and Water</p>	<p>27 B: Cheese Grits, Diced Cantaloupe, And Milk</p> <p>L: Chicken Nuggets, Diced Carrots, Tropical Fruit, WW Dinner Rolls and Milk</p> <p>S: WW Crackers and Sliced Cheese and Water</p>	<p>28 B: Rice Chex Cereal, Diced Pears, and Milk</p> <p>L: Turkey Meatball Sub W/ Marinara Sauce and Mozzarella Cheese, Green Beans, and Milk</p> <p>S: Chex Mix, and Milk</p>	
	<p>31 B: Oatmeal, Fresh Bananas, and Milk</p> <p>L: Grilled Cheese Sandwiches, Tomato Soup, Honey Dew, and Milk</p> <p>S: Gold Fish Pretzels, and Milk</p>					