	Mon	Tue	Wed	Thu	Fri	Sat
JANUARY VEGETARIAN MENU 2025						
			^{1.} New Year's Day	2. B: Biscuit with Apple Butter, Diced Peaches, and Milk L: Vegetable Pasta Soup, Steamed Corn, Pears, and Milk S: Yogurt, Graham Crackers, and Water	3. B: Corn Flakes Cereal, Fresh Blueberries, and Milk L: Boca Sloppy Joe on WW Buns, Steamed Spinach, Diced Mangos, and Milk S: Raisin Bread and Milk	
	6. B: WW French Toast Sticks, Diced Pears, and Milk L: Cheese Tortellini Steamed Broccoli, Diced Pineapples, and Milk S. WW Gold Fish Crackers and Milk	7. B: Cheerios Cereal, Fresh Blueberries, and Milk L: Boca Tacos on WW Tortillas, Shredded Cheese, Fresh Salad, Mandarin Oranges, and Milk S: Tortillas Strips, Salsa, and Water	8. B: Oatmeal, Fresh Blackberries, and Milk L: Plant Based Chicken Tortilla Soup, Steamed Green Beans, WW Crackers, Diced Cantaloupe and Milk S: WW Pita Bread, Sun Butter, and Water	9. B: WW Pancakes, Bananas, and Milk L: Vegan Nuggets, Steamed Carrots, Diced Mangos, and Milk S:Chex Mix, Sliced Cheese, and Water	10. B: Rice Krispies Cereal, Fresh Apples, Milk L: Grilled Cheese on Spinach Wrap, Steamed Peas, Diced Strawberries, Milk S: Animal Crackers and Milk	
	13. B: WW English Muffin, Applesauce, and Milk L: Homemade Vegetable Chili with Shredded Cheese, WW Crackers, Diced Pears, and Milk S: WW Gold Fish Crackers	14. B: Kix Cereal, Apples, and Milk L: Breaded Baked Egg Rolls, Steamed Cauliflower, Pineapples, and Milk S: Raisin Bread, Banagan and Water	15. B: Oatmeal, Diced Strawberries, and Milk L: Beyond Burger, Steamed Peas, WW Dinner Roll, Mandarin Oranges, and Milk S:Ritz Crackers, Cheese	16. B: Vegan Sausage on WW Tortilla, Diced Apples, and Milk L: Cajun Pasta, Steamed Broccoli, Diced Cantaloupe, and Milk	17. B: Cheerios Cereal, Fresh Bananas, and Milk L: Plant Based Chicken on WW Buns, Steamed Green Beans, Diced Mangos and Milk S: Teddy Grahams and	
	and Milk 20. Dr. Martin Luther King Jr. Day	 Bananas, and Water 21. B: Rice Krispies Cereal, Peaches, and Milk L: Vegan Curry Chicken and Yellow Rice, Sonoma Vegetable, Fresh Blueberries, and Milk S: Pita Chips, Salsa, and Water 	Slice, and Water 22. B: WW French Toast Sticks, Mangos, and Milk L: Grilled Cheese Wrap, Steamed Peas and Carrots, Pineapples, and Milk S:Chex Mix and Milk	S: WW Pita Bread, Sunbutter, and Water 23. B: Buttered Grits, Bananas, and Milk L: Breaded Veggie Nuggets, WW Rolls, Steamed Cauliflower, Organic Diced Mangos, and Milk S: Apples, Sun Butter, and Water	Milk 24. B: Kix Cereal, Diced Strawberries, and Milk L: Beyond Burgers on WW Buns, Steamed Corn, Fresh Blueberries, and Milk S: Graham Crackers and Milk	
	27. B: WW Waffles, Sliced Peaches, and Milk L: Vegetable Soup, Diced Tomato, Corn Bread, Tropical Fruit, and Milk S: Animal Crackers and Milk	28. B: Cheerios Cereal, Fresh Blueberries, and Milk L: Boca Tacos on WW Tortillas, Shredded Cheese, Fresh Salad, Mangos, and Milk S: Tortillas Strips, Guacamole, and Water	29. B: Oatmeal, Fresh Blackberries and Milk L: Vegan Teriyaki Meatballs, Steamed Peas and Carrots, WW Dinner Rolls, Diced Cantaloupe, and Milk S: WW Pita Bread, Sun Butter, and Water	30. B: WW Pancakes, Applesauce, and Milk L: Plant Based Chicken, Steamed Cabbage, Brown Rice, Diced Strawberries, and Milk S: Greek Vanilla Yogurt, Graham Crackers, and Water	 31. B: Chex Cereal, Bananas, and Milk L: Boca Pasta with Marinara Sauce, Steamed Green Beans, Apples, and Milk S: Raisin Bread and Milk 	

Clifton

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