

GREAT FUTURES START **HERE.**



January 2019

BREAKFAST

(*RED = Whole Grain)

<u>Monday</u>	1 <u>Tuesday</u> New Year's Day Closed	2 <u>Wednesday</u> - No School Cereal Fruit Milk	3 <u>Thursday</u> Pancake Wrap Fruit Milk	4 <u>Friday</u> Cereal Fruit Milk
7 Cereal Fruit Milk	8 English Muffin Fruit Milk	9 Cereal Fruit Milk	10 French Toast Fruit Milk	11 Cereal Fruit Milk
14- Cereal Fruit Milk	15 Bagels Fruit Milk	16 Cereal Fruit Milk	17 Pancakes Fruit Milk	18 - Early Dismissal Cereal Fruit Milk
21 Cereal Fruit Milk	22 Toast Fruit Milk	23 Cereal Fruit Milk	24 Breakfast Pizza Fruit Milk	25 Cereal Juice Milk
28 Corn Pops Fruit Milk	29 Pancakes Fruit Milk	30 Cereal Fruit Milk	31 Biscuit Fruit Milk	

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LUNCH

<u>Monday</u>	1 <u>Tuesday</u> New Year's Day Closed	2 <u>Wednesday</u> No School Hot Dog w/ Bun Veggies Fruit Milk	3 <u>Thursday</u> Popcorn Chicken Fruit Veggie Milk	4 <u>Friday</u> Cook's Choice Fruit Veggie Milk
7 Chicken Fingers Fruit Veggie Milk	8 Goulash Bread Fruit Veggie Milk	9 Fish Shapes Fruit Veggie Milk	10 McRib on bun Fruit Veggie Milk	11 Cook's Choice Fruit Veggie Milk
14 Cheddar Brat on Bun Fruit Veggie Milk	15 Tuna Noodle Fruit Veggie Milk	16 Hamburger on a Bun Veggies Fruit Milk	17 Cheese Pizza Fruit Veggie Milk	18 Cook's Choice Fruit Veggie Milk
21 Chicken Nuggets Veggies Fruit Milk	22 Bbq on Bun Fruit Veggie Milk	23 Cook's Choice Fruit Veggie Milk	24 Mini Corn Dogs Fruit Veggie Milk	25 Cook's Choice Fruit Veggie Milk
28 Chicken Patty on Bun Fruit Veggie Milk	29 Tomato Soup Grill Cheese Sandwich Fruit Milk	30 Pizza Sticks Fruit Veggie Milk	31 Taco Burgers Fruit Veggie Milk	

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SNACK

<u>Monday</u>	1 <u>Tuesday</u> New Year Day Closed	2 <u>Wednesday</u> No School Sunchips Juice	3 <u>Thursday</u> Fruit Milk	4 <u>Friday</u> Cook's Choice Juice/Water
7 Yogurt Bug Bites Water	8 Fruit Milk	9 Ritz Bitz Juice	10 Doritos Juice	11 Gold Fish Juice
14 Cheetos Juice	15 Fruit Milk	16 Sun Chips Juice	17 Cereal Milk	18 Cooks' Choice Juice /Water
21 Cheese Sticks Crackers Water	22 Fruit Milk	23 Pretzels Juice	24 Honey Graham Crackers Milk	25 Cook's Choice Juice/Water
28 Sunchips Juice	29 Zoo Crackers Milk	30 Doritos Juice	31 Veggies w/ Dip Milk	