

JANUARY Menu 2021

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/4/2021	1/5/2021	1/6/2021	1/7/2021	1/8/2021
AM SNACK:					
	Low/Fat Free Milk Apple Butter	Low/Fat Free Milk Banana	Low/Fat Free Milk Mango Chunks	Low/Fat Free Milk WG Blueberry Muffin	Low/Fat Free Milk Min Straw Shred Wheat Cereal
	WG English Muffin	Rice Krispies Cereal	Yogurt		
LUNCH:					
	Jumbo Cheese Ravioli	Chicken Patty (VO-Veggie Nugget)	Diced Turkey Ham (VO-Veggie Meatball)	Cheeseburgers (VO-Garden Burger)	Pizza
	Low/Fat Free Milk Fruit Cocktail Mixed Veggies	Low/Fat Free Milk Mandarin Oranges Broccoli	Low/Fat Free Milk Applesauce Mashed Potatoes	Low/Fat Free Milk Pineapple Tidbits Tator Tots	Low/Fat Free Milk Diced Peaches String Beans
PM SNACK:					
	Water WG Soft baked Oatmeal Cookie	Water WG Waffle Graham	Water WG Goldfish	Water WG Chex Mix	Water Baby Carrots
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/11/2021	1/12/2021	1/13/2021	1/14/2021	1/15/2021
AM SNACK:					
	Low/Fat Free Milk Mixed Berries WG Tasteeo Cereal	Low/Fat Free Milk WG French Toast Sticks	Low/Fat Free Milk Apple Butter WG English Muffin	Low/Fat Free Milk Min Straw Shred Wheat	Low/Fat Free Milk WG Muffin
LUNCH:					
	WG Sunbutter/Jelly Sandwich	Turkey Taco (VO-Veggie Taco)	WG Pancake Breakfast Sand	Grilled Chicken Nuggets (VO-Veggie Nugget)	WG Pasta w/Beef Crumbles (VO-WG Pasta w/Marinara Sauce)
	Low/Fat Free Milk Sliced Apples Corn	Low/Fat Free Milk Diced Pears Shredded lettuce	Low/Fat Free Milk Pineapple Tidbits Diced Carrots	Low/Fat Free Milk Diced Peaches Stringbeans	Low/Fat Free Milk Applesauce Broccoli
PM SNACK:					
	Water WG Waffle Graham	Water WG Granola Bites	Water WG Cheez-Its	Water WG Crackers String Cheese	Water WG Sunrise Bites
WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/18/2021	1/19/2021	1/20/2021	1/21/2021	1/22/2021
AM SNACK:					
	Low/Fat Free Milk Sliced Strawberries WG Pancake	Low/Fat Free Milk Mango Chunks Yogurt	Low/Fat Free Milk Banana WG Cereal	Low/Fat Free Milk Cream Cheese WG Bagel	Low/Fat Free Milk WG Cereal
LUNCH:					
	Beef Salisbury Slider (VO- Falafel)	Grilled Cheese	Cheeseburger (VO-Garden Burger)	Chicken Patty (VO- Veggie Nugget)	Pizza
	Low/Fat Free Milk Diced Peaches Mashed potatoes Brown Gravy	Low/Fat Free Milk Applesauce Tomato Soup	Low/Fat Free Milk Tater Tots Peas WG Roll	Low/Fat Free Milk Pineapple Mixed Vegetables	Low/Fat Free Milk Diced Pears String Beans WG Pizza Crust
PM SNACK:					
	Water Animal Crackers	Water WG Saltines Colby Jack Cheese Stick	Water WG Soft Pretzel Rod Cheese Sauce	Water WG Blueberry Lemon Crisps	Water WG Baked Oatmeal Cookie
WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/25/2021	1/26/2021	1/27/2021	1/28/2021	1/29/2021
AM SNACK:					
	Low/Fat Free Milk WG Tasteeo Cereal	Low/Fat Free Milk Mixed Berries WG Pancake	Low/Fat Free Milk Cream Cheese WG Bagel	Low/Fat Free Milk Banana WG Rice Krispies Cereal	Low/Fat Free Milk Diced Pears WG Waffle Graham
LUNCH:					
	Chicken Patty (VO-Veggie Patty)	Beef Crumble Parm (VO-WG Pasta w/Marinara)	Turkey Taco (VO- Veggie Taco)	Breakfast Sandwich (VO- WG Pancake)	Diced Chic Teriyaki (VO-Falafel)
	Low/Fat Free Milk Sliced Apples String Beans	Low/Fat Free Milk Diced Pears Mixed Vegetables WG Roll	Low/Fat Free Milk Applesauce Corn	Low/Fat Free Milk Mandarin Oranges Tater Tots	Low/Fat Free Milk Pineapple Broccoli Brown Rice
PM SNACK:					
	Water Fresh Apple Sunbutter	Water Animal Crackers	Water WG Saltines American Cheese Slice	Water WG Granola Bites	Water Sweet Potato Crackers

*** Menu subject to change ***