

January Menu

1% Milk Served at Breakfast, Lunch & Dinner – 100% Fruit Juice Served at Snack – Water Served at all Mealtimes

Menu subject to change based on seasonal and food provider's availability. See posted menu for any changes.

	Meatless Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Breakfast	Vanilla Yogurt topped w/ Homemade Granola & Pears	Sliced Wheat Cheese Toast & Fresh Banana	Bagels w/ Honey Butter & Apple Slices	Pancakes w/ Syrup & Applesauce	Rice Chex or Cheerios Peaches
Week 1	Penne Broccoli Bake w/ Sliced Peaches & Pinto Beans	Chicken Enchilada Verde Soup w/ Peas & Apple Slices	Macaroni Pasta w/ Ground Turkey, Marinara & Zucchini w/ Pineapples	Spinach Rice, Eggs & Ham w/ Green Bean & Pears	Smoked Turkey & Bean Soup w/ Grilled Cheese Sandwich & Applesauce
Lunch					
Snack	Homemade Granola Bars	PB & J on Wheat Bread	Chocolate Banana Crepes	Carrots w/ LF Ranch & Crackers	Chex Cereal Snack
Dinner (week 1/2)	Cheese Quesadilla w/ Green Peas & Refried Beans	Vegetarian Sloppy Joes w/ Tossed Salad, Tomato & LF Ranch	Broccoli, Cheese & Rice Casserole w/ Bean Salad	Taco Salad w/ Ground Beef, Lettuce & Cheese w/ Corn & Tortilla Chips	Ham & Cheese Tortilla Roll-Up Sliced Pickles & Mixed Fruit
Week 2	Bean Nachos w/ Lettuce, Tomato & Shredded Cheese w/ Pears	Fresh Ham & Veggie Pizza Tossed Salad w/ Tomatoes & LF Ranch	Beef & Bean Vegetable Stew w/ Tortilla Chips & Pineapples	Cheesy Chicken and Broccoli Spaghetti w/ Peaches	Ground Beef & Macaroni Marinara Bake w/ Peas & Corn
Lunch					
Snack	Pretzels & PB	Applesauce Cake	Bean & Cheese Roll-Up	Sliced Cheese & Crackers	Trail Mix
Dinner (week 1/9)	Veggie Chili w/ Cornbread & Mixed Fruit	Chicken, Carrot & Rice Soup w/ Green Beans & Crackers	Turkey Melt on Wheat Sliced Pickles & Fresh Carrots	Potato & Egg Taco w/ Salsa & Refried Beans	Sweet Potato & Ground Turkey Hash, Sliced Toast w/ Jam & Oranges
Week 3	Brown Rice, Black Bean & Veggie Stir Fry w/ Corn	Broccoli, Cheese & Rice Casserole w/ Bean Salad & Applesauce	Chicken Enchilada Verde Soup w/ Green Beans & Mixed Fruit	Beef & Bean Nachos w/ Shredded Cheese & Diced Carrots	Cheesy Marinara Spaghetti Bake w/ Broccoli & Mandarin Oranges
Lunch					
Snack	Homemade Granola Bars	Graham Crackers	PB & J on Wheat Bread	Carrots w/ LF Ranch & Crackers	Tortilla Chips w/ Salsa
Dinner (week 1/16)	Vegetarian Sloppy Joes w/ Peas & Pineapples	Cheese Quesadilla w/ Seasoned Sweet Potatoes & Side Salad w/ Tomatoes	Ground Turkey & Veggie Pasta Toss w/ Crackers & Pears	Grilled Cheese Sandwich w/ Tossed Salad & Peaches	Warm Ham & Cheese Tortilla Wrap w/ Sliced Pickles & Fresh Carrots
Week 4	Southwest Lentils w/ Crackers, Oranges & Broccoli	Cheesy Chicken and Broccoli Spaghetti w/ Pears	Spinach Rice, Eggs & Ham w/ Peas & Applesauce	Fresh-Made Ham & Veggie Pizza w/ Tossed Salad & LF Ranch	Beef & Vegetable Stew w/ Corn Bread & Mixed Fruit
Lunch					
Snack	Chex Cereal Snack	Applesauce Cake	Pretzels & PB	Bean & Cheese Roll-Up	Whole Wheat Pumpkin Muffins
Dinner (week 1/23)	Red Beans & Brown Rice w/ Green Beans & Peaches	Taco Salad w/ Ground Turkey, Lettuce & Cheese w/ Spanish Rice & Corn	Beefy Bean Chili w/ Diced Carrots & Cornbread	Mexican Chicken & Rice w/ Pinto Beans & Pineapples	Turkey Melt on Wheat w/ Sliced Pickles & Fresh Carrots
Week 5	Potato & Egg Taco w/ Salsa & Refried Beans	Beef Spaghetti w/ Mixed Veggies & Baked Cinnamon Peaches	Smoked Turkey & Bean Soup w/ Crackers & Pears	Beef & Bean Nachos w/ Lettuce & Tomato w/ Spanish Rice	Ham & Vegetable Noodle Soup w/ Crackers & Mixed Fruit
Lunch					
Snack	Sliced Cheese & Crackers	Tortilla Chips & Salsa	Graham Crackers	Chocolate Banana Crepes	Trail Mix
Dinner (week 1/30)	Veggie Chili w/Apple Slices, Cornbread & Broccoli	Turkey, Lettuce & Cheese Tortilla Wrap w/ Sliced Pickles & Fresh Carrots	Penne Ham & Broccoli Bake w/ Mandarin Oranges	Sweet Potato & Ground Turkey Hash w/ Sliced Toast & Jam & Pineapples	Peanut Butter & Jam Sandwiches w/ Diced Carrots & Apple Slices

