

## January Menu

Jan 4 <sup>th</sup> -8 <sup>th</sup>	A.M. Snack	Lunch	Afternoon Snack
Monday	Oatmeal and strawberries Organic Whole Milk	Whole foods pizza, watermelon, peas	Environmental bar, bananas Organic Whole Milk
Tuesday	Yogurt and 365 cereal bars, Organic Whole milk	Chicken breast, brown rice, green beans Organic Whole Milk	Pretzels, cheese sticks Organic Whole Milk
Wednesday	Pancakes, blueberries Organic Whole Milk	Spaghetti, strawberries edamame Organic Whole Milk	Applesauce, animal crackers Organic Whole Milk
Thursday	Mini waffles, raspberries Organic Whole Milk	Cheese quesadillas, black beans, berries Organic whole milk	Soy crisps, melon Organic Whole Milk
Friday	Annie's fruity bunny cereal Organic Whole Milk	3 cheese ravioli, strawberries, Broccoli Organic Whole Milk	Pumpkin bread, blueberries Organic Whole Milk
January 11 <sup>th</sup> -15 <sup>th</sup>			
Monday	Toast, peaches Organic Whole Milk	Tortellini, raspberries broccoli Organic Whole Milk	Dried snap peas, cheese Organic Whole Milk
Tuesday	Annie's French toast sticks, strawberries Organic Whole Milk	Turkey and cheese sandwiches, dried snap peas, apples Organic Whole Milk	Cliff z-bar, applesauce Organic Whole Milk
Wednesday	Mother bumpers cereal Organic Whole Milk	Boca burger, corn, strawberries Organic Whole Milk	Fruit leather, pretzels Organic Whole Milk
Thursday	Mini bagels, pears Organic Whole Milk	Turkey breast, green beans, cous cous Organic Whole Milk	Annie's cheddar crackers, melon Organic Whole Milk
Friday	Apple cinnamon muffins, yogurt Organic Whole Milk	Lasagna veggie or meat, peas, dinner roll Organic Whole Milk	Soft pretzels, peaches Organic Whole Milk

January 18 <sup>th</sup> -22 <sup>nd</sup>			
Monday	Cinnamon raisin bread, plums Organic Whole Milk	Rigatoni, Broccoli, dinner roll Organic Whole Milk	365 vanilla cookies, strawberries Organic Whole Milk
Tuesday	Cream of wheat, peaches Organic Whole Milk	Chicken noodle soup, grilled cheese Organic Whole Milk	Cascadian farm chocolate chip bar, bananas Organic Whole Milk
Wednesday	Scones, blueberries Organic Whole Milk	Cheesy chicken alfredo, edamame, bread Organic Whole Milk	Cheerio snack mix, melon Organic Whole Milk
Thursday	Morning star sausage, raspberries Organic Whole Milk	Annie's mac and cheese, Spinach, apples Organic Whole Milk	Whole wheat crackers, grapes Organic Whole Milk
Friday	Pumpkin bread, pears Organic Whole Milk	Whole Foods pizza, veggie chips, strawberries Organic Whole Milk	Homemade oatmeal cookies, raspberries Organic Whole Milk
January 25 <sup>th</sup> -29 <sup>th</sup>			
Monday	365 fruit bar, yogurt Organic Whole Milk	Cheese Quesadillas, black beans, raspberries Organic Whole Milk	Annie's snack mix, blackberries Organic Whole Milk
Tuesday	Mini waffles, bananas Organic Whole Milk	Spaghetti w/meatballs, green beans, dinner roll, organic whole milk	Graham crackers, vanilla pudding Organic Whole Milk
Wednesday	Toast, blueberries Organic Whole Milk	Bagel sandwiches, strawberries, peas Organic Whole Milk	Cliff twisted fruit, Annie's bunnies Organic Whole Milk
Thursday	Pancakes, bananas, organic whole milk	Tacos, corn, strawberries, organic whole milk	Rice cakes, apples, organic whole milk
Friday	Corn muffins, strawberries, organic whole milk	Ham and Cheese sandwiches, veggie straws, raspberries, organic whole milk	Ginger snaps, berries, organic whole milk