

January 2018

Week Five

JAN 29 TO FEB 2	Mon	1-2	3-5	Tue	1-2	3-5	Wed	1-2	3-5	Thu	1-2	3-5	Fri	1-2	3-5
Breakfast Milk, Fluid, Juice, Fruit, Veggie, Grain/Bread	1% Milk Pineapple Graham Crackers	4oz 2oz 1oz	6oz 4oz 1oz	1% Milk Applesauce Yogurt	4oz 1oz 2oz	6oz 1oz 4oz	1% Milk Pears Oatmeal w/ chocolate chips	4oz 1oz 1.5oz	6oz 1oz 1.5oz	1% Milk Peaches Life Cereal	4oz 1oz 2oz	6oz 1oz 4oz	1% Milk Banana Breakfast Sandwich	4oz 1/2 1/2	6oz 1/2 1/2
Lunch Milk, Fluid, Meat/Meat Alternate, Grain/Bread, 1st Fruit/ Veggie, 2nd Fruit/Veggie	Chicken Patty Corn Pears 1% Milk	1oz 1oz 1oz 4oz	1.5oz 2oz 2oz 6oz	Mac & Cheese Fruit Cocktail Veggie Blend 1% Milk	2oz 1oz 1oz 4oz	3oz 2oz 2oz 6oz	Chicken Rice Peaches Green Beans 1% Milk	1oz 1oz 1oz 4oz	1oz 2oz 2oz 6oz	Hamburgers Pineapple Peas 1% Milk	3oz 1oz 1oz 4oz	3oz 2oz 2oz 6oz	Fish Nuggets Salad Applesauce 1% Milk	1oz 1oz 1oz 2oz 4oz	1.5oz 2oz 2oz 2oz 6oz
PM Snack Milk, Fluid, Meat/Meat Alternate, Grain/Bread, Juice/Fruit/ Veggie	Cheese Its Peaches Water	4oz 1oz 4oz	4oz 1oz 6oz	Cheese Stick Bread Water	4oz 1oz 4oz	4oz 1oz 6oz	Applesauce Elf Grahams Water	1oz 4oz 4oz	1oz 4oz 6oz	Yogurt Pears Water	1oz 2oz 4oz	1oz 4oz 6oz	Cheerios Pineapple Water	4oz 1oz 4oz	4oz 1oz 6oz

January 2018

Week Four

JAN 22-26	Mon	1-2	3-5	Tue	1-2	3-5	Wed	1-2	3-5	Thu	1-2	3-5	Fri	1-2	3-5
Breakfast Milk, Fluid, Juice, Fruit, Veggie, Grain/Bread	1% Milk Pineapple Graham Cracker	4oz 2oz 1oz	6oz 4oz 1oz	1% Milk Applesauce Cocoa Crunch	4oz 1oz 2oz	6oz 1oz 4oz	1% Milk Pears Breakfast Sandwich	4oz 1oz 1.5oz	6oz 1oz 1.5oz	1% Milk Peaches Oatmeal	4oz 1oz 2oz	6oz 1oz 4oz	1% Milk Banana Bread & Butter	4oz 1/2 1/2	6oz 1/2 1/2
Lunch Milk, Fluid, Meat/Meat Alternate, Grain/Bread, 1st Fruit/ Veggie, 2nd Fruit/Veggie	Meat Chili Pears Corn 1% Milk	1oz 1oz 1oz 4oz	1.5oz 2oz 2oz 6oz	Spaghetti w/Meat Fruit Cocktail Veggie Blend 1% Milk	2oz 1oz 1oz 4oz	3oz 2oz 2oz 6oz	BBQ Chicken Sandwich Peaches Green Beans 1% Milk	1oz 1oz 1oz 4oz	1oz 2oz 2oz 6oz	Hot Ham & Cheese Pineapple Peas 1% Milk	3oz 1oz 1oz 4oz	3oz 2oz 2oz 6oz	Pizza Salad Applesauce 1% Milk	1oz 1oz 1oz 2oz 4oz	1.5oz 2oz 2oz 2oz 6oz
PM Snack Milk, Fluid, Meat/Meat Alternate, Grain/Bread, Juice/Fruit/ Veggie	Yogurt Peaches Water	4oz 1oz 4oz	4oz 1oz 6oz	Goldfish Banana Water	4oz 1oz 4oz	4oz 1oz 6oz	Carrots & Celery Veggie Dip Water	1oz 4oz 4oz	1oz 4oz 6oz	Goldfish Pineapple Water	1oz 2oz 4oz	1oz 4oz 6oz	Cheese Cubes Crackers Water	4oz 1oz 4oz	4oz 1oz 6oz

January 2018

Week Three

JAN. 15- 19	MON	1-2	3-5	TUE	1-2	3-5	WED	1-2	3-5	THU	1-2	3-5	FRI	1-2	3-5
Breakfast	Closed			1% Milk	4oz	6oz	1% Milk	4oz	6oz	1% Milk	4oz	6oz	1% Milk	4oz	6oz
Milk, Fluid, Juice, Fruit, Veggie, Grain/ Bread				Fruit Cocktail	1oz	1oz	Applesauce	2oz	2oz	Peaches	1oz	1oz	Pears	2oz	4oz
				Oatmeal	2oz	4oz	Cheese Cubes	2oz	4oz	Pancake	2oz	4oz	Life Cereal	1oz	1oz
Lunch	Closed			Tomato Soup	2oz	2oz	Chicken Alfredo	2oz	2oz	Mac& Cheese	4oz	4oz	Chicken Nuggets	1oz	1oz
Milk, Fluid, Meat/Meat Alternate , Grain/ Bread, 1st Fruit/ Veggie, 2nd				Grilled Cheese	1oz	2oz	Broccoli	1oz	2oz	Green Beans	2oz	2oz	Carrots	1oz	2oz
				Applesauce	1oz	2oz	Pineapple	1oz	2oz	Fruit Cocktail Milk	1oz	2oz	Peaches	1oz	2oz
PM Snack	Closed			1% Milk	4oz	6oz	1% Milk	4oz	6oz	Fruit Cocktail Milk	4oz	6oz	1% Milk	4oz	6oz
Milk. Fluid, Meat/Meat Alternate , Grain/ Bread, Juice/ Fruit/ Veggie				Goldfish	1oz	1oz	Yogurt	4oz	4oz	Graham Cracker	2oz	2oz	Cheese Stick	1oz	1oz
				Pears	1oz	1oz	Cheerios	2oz	2oz	Carrot Sticks	1oz	1oz	Pineapple	1oz	1oz
	Water	4oz	6oz	Water	4oz	6oz	Water	4oz	6oz	Water	4oz	6oz	Water	4oz	4oz

January 2018

Week Two

JAN 8-12	MON	1-2	3-5	TUE	1-2	3-5	WED	1-2	3-5	THU	1-2	3-5	FRI	1-2	3-5
Breakfast: Milk, Fluid, Juice, Fruit, Veggie, Grain/ Bread	1% Milk Cinnamon Oatmeal Peaches	4oz 1oz 1tbsp	6oz 1oz 1tbsp	1% Milk Pineapple Cheerios	4oz 1oz 2oz	6oz 1oz 4oz	1% Milk Applesauce French Toast	4oz 1oz 2oz	6oz 1oz 2oz	1% Milk Fruit Cocktail Bread& Butter	4oz 1oz 2oz	6oz 1oz 4oz	1% Milk Pears Breakfast Sandwich	4oz 1oz 2oz	6oz 1oz 4oz
Lunch: Milk, Fluid, Meat/Meat Alternate, Grain/Bread, 1st Fruit/ Veggie, 2nd Fruit/Veggie	Taco Applesauce Corn 1% Milk	2oz 1oz 1oz 4oz	2oz 2oz 2oz 6oz	Chicken Patty Broccoli Pears 1% Milk	1oz 1oz 1oz 4oz	2oz 2oz 2oz 6oz	Spaghetti &Meatballs Peaches Green Beans 1% Milk	1oz 1oz 1oz 4oz	1oz 2oz 2oz 6oz	Chicken Teriyaki Pears Tatar Tots 1% Milk	4oz 1oz 4oz	4oz 2oz 6oz	Pizza Apple Slices Salad 1% Milk	2oz 1oz 1oz 4oz	2oz 2oz 2oz 6oz
PM Snack: Milk. Fluid, Meat/Meat Alternate, Grain/Bread, Juice/Fruit/ Veggie	Cheese Stick Crackers Water	1oz 4oz 4oz	1oz 4oz 4oz	Goldfish Pears Water	1oz 4oz 4oz	1oz 4oz 6oz	Yogurt Cocoa Crunch Water	1oz 4oz 4oz	1oz 4oz 6oz	Wheat Thins Pineapple Water	1oz 1oz 4oz	1oz 1oz 6oz	Graham Cracker Banana Water	1oz 4oz 4oz	1oz 4oz 6oz

January 2018

Week One

JAN. 1TH -5TH	MON	1-2	3-5	TUE	1-2	3-5	WED	1-2	3-5	THU	1-2	3-5	FRI	1-2	3-5
Breakfast: Milk, Fluid, Juice, Fruit, Veggie, Grain/ Bread	Closed			1% Milk Pancakes Peaches	4oz 2oz 1oz	6oz 4oz 1oz	1% Milk Applesauce Cheerios	4oz 1oz 2oz	6oz 1oz 4oz	1% Milk Oatmeal w/ Chocolate Chips	4oz 1oz 2oz	6oz 10z 4oz	1% Milk Cocoa Crunch Yogurt	4oz 1oz 1oz	6oz 1oz 1oz
Lunch: Milk, Fluid, Meat/Meat Alternate, Grain/Bread, 1st Fruit/ Veggie, 2nd Fruit/Veggie				Cheese Burgers Sweet Potatoes Fry Pineapple 1% Milk	1oz 1oz 1oz 4oz	1.5oz 2oz 2oz 6oz	Chicken & Noodles Carrots Peaches 1% Milk	1oz 1oz 1oz 1oz 4oz	1.5 oz 1oz 2oz 2oz 6oz	Ham & Cheese Roll Up Peas Pears Milk	4oz 1oz 1oz 4oz	4oz 2oz 2oz 6oz	Chicken & Rice Broccoli Applesauce Milk	4oz 1oz 1oz 4oz	4oz 1oz 2oz 6oz
PM Snack: Milk, Fluid, Meat/Meat Alternate, Grain/Bread, Juice/Fruit/ Veggie				Crackers Cheese Water	1oz 1TBS P 4oz	1oz 1TBS P 6oz	Goldfish Pineapple Water	1oz 1oz 4oz	1oz 1oz 6oz	Yogurt Life Cereal Water	2oz 1tbsp 4oz	2oz 1tbsp 6oz	Peaches Graham Cracker Water	1oz 4oz 4oz	1oz 4oz 6oz