


January 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1- CCC CLOSED!</p> 	<p>2- Breakfast: Cheerios, V8 juice and milk*</p> <p>Lunch: Tomato soup, grilled cheese on whole grain bread, crackers, carrots, fruit cocktail and milk*</p> <p>PM Snack: Chocolate chip oatmeal bars & milk*</p>	<p>3- Breakfast: Special K cereal, strawberry juice and milk*</p> <p>Lunch: Whole grain lasagna with meat sauce & cheese, tossed salad, pears and milk*</p> <p>PM Snack: Whole grain soft pretzels & milk*</p>	<p>4- Breakfast: Kix cereal, orange juice and milk*</p> <p>Lunch: Chili soup, whole grain corn bread, crackers, pineapples and milk*</p> <p>PM Snack: Whole grain Triscuits & milk*</p>
<p>7- Breakfast: Life cereal, V8 juice and milk*</p> <p>Lunch: Hot dogs on whole grain roll, baked beans, applesauce and milk*</p> <p>PM Snack: Whole grain crackers with cheese & milk*</p>	<p>8- Breakfast: Puffed wheat cereal, strawberries and milk*</p> <p>Lunch: Fiesta chicken mac with whole grain noodles, mandarin oranges and milk*</p> <p>PM Snack: Fig newton's & milk*</p>	<p>9- Breakfast: Whole grain toast with fruit spread and milk*</p> <p>Lunch: Pizza burger on whole grain roll, peas, peaches and milk*</p> <p>PM Snack: Yogurt & milk*</p>	<p>10- Breakfast: Whole grain apple cinnamon muffin and milk*</p> <p>Lunch: Hamburg tacos, whole grain tortilla chips, lettuce, tomato, cheese, fruit cocktail and milk*</p> <p>PM Snack: Bananas & milk*</p>	<p>11- Breakfast: Mini wheats cereal, carrots and milk*</p> <p>Lunch: Meatball subs on whole grain roll with meat sauce & cheese, French fries, pears and milk*</p> <p>PM Snack: Whole grain sun chips & milk*</p>
<p>14- Breakfast: Corn Chex cereal, V8 juice and milk*</p> <p>Lunch: Chicken patty on whole grain roll, corn, pineapples and milk*</p> <p>PM Snack: Apple cinnamon rice cakes & milk*</p>	<p>15- Breakfast: Puffed wheat cereal, berry juice and milk*</p> <p>Lunch: Chicken pot pie with whole grain noodles, broccoli, applesauce and milk*</p> <p>PM Snack: Grapes & milk*</p>	<p>16- Breakfast: Blueberry Chex cereal, cucumbers and milk*</p> <p>Lunch: Whole grain pancakes, sausage links, orange juice, mandarin oranges and milk*</p> <p>PM Snack: Whole grain pretzels & milk*</p>	<p>17- Breakfast: Honey bunches of oats cereal, banana and milk*</p> <p>Lunch: Ham, whole grain macaroni & cheese, glazed carrots, peaches and milk*</p> <p>PM Snack: Oranges & milk*</p>	<p>18- Breakfast: Kix cereal, broccoli and milk*</p> <p>Lunch: Pork BBQ on whole grain roll, sweet potato fries, fruit cocktail and milk*</p> <p>PM Snack: Chez-it crackers & milk*</p>
<p>21- Breakfast: Corn Chex cereal, orange juice and milk*</p> <p>Lunch: Turkey & cheese on whole grain bread, baked beans, pears and milk*</p> <p>PM Snack: Cheese stick & milk*</p>	<p>22- Breakfast: Whole grain blueberry muffins and milk*</p> <p>Lunch: Chicken gnocchi soup, whole grain bread sticks, pineapples and milk*</p> <p>PM Snack: Apple & milk*</p>	<p>23- Breakfast: Life cereal, cauliflower and milk*</p> <p>Lunch: Cheesesteak on whole grain roll, corn, applesauce and milk*</p> <p>PM Snack: Whole grain strawberry oatmeal bars & milk*</p>	<p>24- Breakfast: Whole grain toast with fruit spread and milk*</p> <p>Lunch: Whole grain baked ziti with meat sauce & cheese, tossed salad, mandarin oranges and milk*</p> <p>PM Snack: Hard boiled eggs & milk*</p>	<p>25- Breakfast: Cinnamon Chex cereal, grapes and milk*</p> <p>Lunch: Chicken nuggets, whole grain buttered noodles, peas, peaches and milk*</p> <p>PM Snack: Granola bars & milk*</p>
<p>28- Breakfast: Cheerios cereal, V8 juice and milk*</p> <p>Lunch: Ham & cheese on whole grain roll, green beans, fruit cocktail and milk*</p> <p>PM Snack: Whole grain cereal mix & milk*</p>	<p>29- Breakfast: Corn Chex cereal, orange juice and milk*</p> <p>Lunch: Tator tot casserole, whole grain buttered bread, pears and milk*</p> <p>PM Snack: Carrots & celery with dip & milk*</p>	<p>30- Breakfast: Whole grain apple cinnamon muffin and milk*</p> <p>Lunch: Whole grain French bread pizza, green beans, pineapples and milk*</p> <p>PM Snack: Nutri grain bars & milk*</p>	<p>31- Breakfast: Kix cereal, apple juice and milk*</p> <p>Lunch: Fish, whole grain macaroni & cheese, corn, applesauce and milk*</p> <p>PM Snack: Goldfish crackers & milk*</p>	<p>Milk* (Age 1: Whole milk; Age 2+: 1% milk)</p>