

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL!	NO SCHOOL!	NO SCHOOL!	1 2 B – Cereal, banana S – Cottage cheese, peaches L – Turkey and cheddar wrap, apples, celery, cauliflower S – Carrots, cucumbers, hummus	3 B – Muffin, apples S – Cheese and crackers L – Turkey burger, applesauce, cucumbers, broccoli, carrots S – Trail Mix
6 B – Pancakes, berries S- Apples, cheese L – Chicken bites, rice, broccoli, pears, oranges S- Carrots, cucumbers, hummus	7 B – Eggs, toast, oranges S – Crackers, turkey, cheese L – Lentils, rice, red peppers, apples, carrots S – Trail Mix	8 B – Cereal, banana S – Cottage cheese, peaches L – Turkey Meatballs, whole wheat roll, cucumbers, peas, oranges S – Chips and salsa	9 B – Sausage, apples, toast S- Crackers, cream cheese, cucumbers L – Gr. Cheese, tomato soup, broccoli, oranges, applesauce S- Apples, pretzels	10 B – English Muffin, banana S – Carrots, cucumbers, hummus L – Quesadilla, beans oranges, apples, cauliflower S – Strawberry, cream cheese sandwich
13 B – Cereal, banana S – Cheese, oranges L – Spaghetti, peas, apples, celery S – Trail mix	14 B – Yogurt, granola, berries S – Pretzels, carrots, hummus L – Mini Pizza, pineapple, olives, broccoli S – Red peppers, celery, dip	15 B – Oatmeal, berries S – Apples, cheese L – Tuna sandwich, pickles, celery, apples, sweet potato fries S- Rice cake, jelly, raisins	16 B – Cereal, banana S – Cottage cheese, peaches L – Turkey and cheddar wrap, apples, celery, cauliflower S – Carrots, cucumbers, hummus	17 B – Muffin, apples S – Cheese and crackers L – Turkey burger, applesauce, cucumbers, broccoli, carrots S – Trail Mix
20 B – Pancakes, berries S- Apples, cheese L – Chicken bites, rice, broccoli, pears, oranges S- Carrots, cucumbers, hummus	21 B – Eggs, toast, oranges S – Crackers, turkey, cheese L – Lentils, rice, red peppers, apples, carrots S – Trail Mix	22 B – Cereal, banana S – Cottage cheese, peaches L – Turkey Meatballs, whole wheat roll, cucumbers, peas, oranges S – Chips and salsa	23 B – Sausage, apples, toast S- Crackers, cream cheese, cucumbers L – Gr. Cheese, tomato soup, broccoli, oranges, applesauce S- Apples, pretzels	24 B – English Muffin, banana S – Carrots, cucumbers, hummus L – Quesadilla, beans oranges, apples, cauliflower S – Strawberry, cream cheese sandwich
27 B – Cereal, banana S – Cheese, oranges L – Spaghetti, peas, apples, celery S – Trail mix	28 B – Yogurt, granola, berries S – Pretzels, carrots, hummus L – Mini Pizza, pineapple, olives, broccoli S – Red peppers, celery, dip	29 B – Oatmeal, berries S – Apples, cheese L – Tuna sandwich, pickles, celery, apples, sweet potato fries S- Rice cake, jelly, raisins	30 B – Cereal, banana S – Cottage cheese, peaches L – Turkey and cheddar wrap, apples, celery, cauliflower S – Carrots, cucumbers, hummus	31 B – Muffin, apples S – Cheese and crackers L – Turkey burger, applesauce, cucumbers, broccoli, carrots S – Trail Mix