

# January

# Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Holiday/Closed	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
6	7	8	9	10
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
13	14	15	16	17
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
20	21	22	23	24
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
27	28	29	30	31
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Pancakes Organic Fruit Milk/Yogurt	



# January

# Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Holiday/Closed	Organic Oranges	Chefs Choice
		Holiday/Closed	Tillamook Cheddar Gougeres	Chefs Choice
6	7	8	9	10
Trail mix	Organic Apples	Vegetable Crudite	Chips and Salsa	Chefs Choice
Cheese and Cracker Plate	Watermelon	House Made Granola Bar	Honey Dew	Chefs Choice
13	14	15	16	17
Cheese and Cracker Plate	Pears	Chips and Salsa	Watermelon	Chefs Choice
Oatmeal Bar	Turkey and Cranberries	Organic Oranges	Yogurt Berry Parfait	Chefs Choice
20	21	22	23	24
Organic Apples	Chips and Guacamole	Veggies and Hummus	Canaloupe	Chefs Choice
Watermelon	Cheese and Cracker Plate	Cage Free Hard Boiled Eggs	Morning Glory Muffin w/ Organic Milk	Chefs Choice
27	28	29	30	31
Tillamook Cheddar	Vegetables and Hummus	Fruit Smoothies	Organic Fruit Salad	Chefs Choice
Oranges and Crackers	Organic Banana Muffins Organic Milk	Ham and Raisins	Cranberry Chocolate Bar	Chefs Choice

## Our Snack Plates V

Apples, Oranges, Grapes, W  
Cantaloupe, Hondew Melor  
or Sheep Cheese, Yogurt,  
Triscuits, Popcorn, Grano  
Pickles, Cucumbers, Celery,  
Peas, Green Peas, Green  
Spinach Dip, Lentil Dip, Rec  
Tofu :



# January

# Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Holiday/Closed	BBQ Chicken w/ Crispy Sweet Potatoes (BBQ Tofu)	Homemade Black Bean Chili & Quesadillas
6	7	8	9	10
Chicken & Broccoli Baked Tortellini	Taco Tuesday (Veggie Fajita)	Pizza Day	Chicken Pad Thai (Tofu Pad Thai)	Tuna Salad Sliders w/Corn Chowder
13	14	15	16	17
Ratatouille over Rice (Vegan)	Chicken Barbacoa & Vegetable Nachoes	Grilled Cheese w/ Tomato Soup	Crispy Sweet and Sour Chicken (Sweet and Sour Tofu)	Pork Tenderloin w/ Rice and Vegetables (Grilled Tofu)
20	21	22	23	
Pasta Bolognese (TVP Bolognese)	Teriyaki Chicken over Rice w/ Vegetables (Teriyaki Tofu)	Chicken Tenders w/Homemade Dipping Sauces	NW Smoked Salmon Roll	Chicken Yakisoba (Vegetable Yakisoba)
27	28	29	30	31
Coconut Curry w/ Vegetable & Rice (Vegan)	Burrito Bowl	Turkey Sandwiches w/ Butternut Bisque	Sloppy Joe Sandwiches (Portabella Sliders)	Teriyaki Salmon (Teriyaki Tofu)

