

January

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
Muffin Monday w/ Organic Fruit & Milk	Kids Choice Cereal Organic Fruit Milk/Yogurt	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parents Breakfast
11	12	13	14	15
Muffin Monday w/ Organic Fruit & Milk	Kids Choice Cereal Organic Fruit Milk/Yogurt	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parents Breakfast
18	19	20	21	22
Muffin Monday w/ Organic Fruit & Milk	Kids Choice Cereal Organic Fruit Milk/Yogurt	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parents Breakfast
25	26	27	28	29
Muffin Monday w/ Organic Fruit & Milk	Kids Choice Cereal Organic Fruit Milk/Yogurt	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parents Breakfast

January

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
Organic Oranges	Organic Apples	Canteloupe	Watermelon	Chefs Choice
Cheese & Cracker Plate	Trail Mix	Chips & Salsa	Banana Muffins	Chefs Choice
11	12	13	14	15
Organic Apples	Organic Berries	Honeydew	Organic Oranges	Chefs Choice
Pita & Veggies	Homemade Granola Bars	Berry Smoothies	Trail Mix	Chefs Choice
18	19	20	21	22
Organic Oranges	Honeydew	Organic Apples	Organic Pears	Chefs Choice
Ham & Raisins	Waffle Sticks & Applesauce	Cheese & Cracker Plate	Watermelon	Chefs Choice
25	26	27	28	29
Organic Apples	Organic Oranges	Organic Berries	Canteloupe	Chefs Choice
Chips & Salsa	Berry Smoothies	Trail Mix	Zucchini Muffins	Chefs Choice

January

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
Honey Mustard Chicken with Rice and Vegetables	Burrito Bowl	Turkey & Cheddar Melts	Roasted Pork Loin over Rice and Vegetables	Spaghetti and Meatballs
11	12	13	14	15
Ham & Cheese Sandwiches	Homemade Chicken Tenders with Dipping Sauce	Pulled Pork Sliders	Roasted Turkey with Vegetables and Sweet Potato Fries	Sweet & Sour Chicken over Rice and Vegetables
18	19	20	21	22
BBQ Chicken with Roasted Potatoes and Vegetables	Chicken & Vegetable Goulash Mac & Cheese	French Toast, Baked Ham, & Fruit Salad	Chicken Katsu over Rice and Vegetables	Fish & Chips
25	26	27	28	29
Chicken Yakisoba	Quesadillas & Pasole	Chicken Noodle Soup with Homemade Focaccia Bread	Teriyaki Salmon over Rice and Vegetables	Pizza Day