



January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28 Yogurt, blueberries, milk– Beef & rice casserole w/ broccoli, pears, milk– Jelly sandwich & raisins	29 Cinnamon toast, oranges, milk– Spaghetti w/ meat sauce, peas, pineapple, milk– Cheese & saltines	30 Bagels w/ cream cheese, strawberries, milk– Tuna melt quesadilla, carrots, melon, milk– Banana cake & choc. milk	31 Cereal, apples, milk– Salami & cheese sandwich, cucumbers w/ ranch, grapes, milk– Goldfish & raisins	1 	2
3	4 Cereal, pears, milk— Grilled ham and cheese sandwich, pickles, apples, milk— Rice Krispy Treats, milk	5 Toast, pineapple, milk— Chicken stir-fry w/ rice, mixed vegetables, oranges, milk— Cottage cheese, strawberries	6 Pancakes, blueberries, milk— Tuna casserole w/ peas, grapes, milk— Graham crackers, applesauce	7 Cinnamon roll bake, raisins, milk— Ham and potato soup w/ saltines, peaches— Nilla wafers, juice	8 French toast, mandarin oranges, milk— Hamburger cheese bake, carrots, mixed fruit, milk— Animal crackers, raisins	9
10	11 English Muffins, apples, milk— Deluxe chicken casserole, mixed veggies, milk— Cheerios, yogurt	12 Ham, hashbrowns, milk— Pulled pork on pita bread, peas, pineapple, milk— Pepperoni, ritz crackers	13 Graham crackers, strawberries, milk— Cheesy egg tator tot bake, broccoli, peaches, milk— Snickerdoodle bars, raisins	14 Banana Bread, pears, milk— Pepperoni pizza, corn, mixed fruit, milk— Tortilla chips, cheese sauce	15 Bagels, applesauce, milk— Cheesy broccoli soup w/ oyster crackers, bananas, milk— Goldfish, carrot sticks	16
17	18 Yogurt, granola, milk— Macaroni and cheese, carrots, pears, milk— Ranch oyster crackers, string cheese	19 Cheese potatoes, sausage links, milk— Chicken nuggets, fries, corn, mandarin oranges, milk— Chex mix, juice	20 Waffles, pineapple, milk— Grilled cheese and pepperoni sandwich, green beans, peaches, milk— Pretzels, cheese sauce	21 Cinnamon toast, blueberries, milk— Nachos w/ beef and cheese, veggie mix, fruit mix, milk— Frosted grahams, milk	22 Cereal, Bananas, milk— Tuna Roll-ups, pickles, apples, milk— saltines and cucumbers	23
24	25 Bagels, oranges, milk— Grilled cheese, tomato soup, strawberries, milk— Nilla wafers, oranges	26 Jelly toast, cinnamon applesauce, milk— Cheese ravioli, green beans, mandarin oranges, milk— choc. Chip bars, milk	27 Banana bread, pears, milk— Bacon Ranch pasta salad w/ peas, apples, milk— orange/pineapple delight cake, raisins	28 Sausage gravy w/ toast, peaches, milk— Rice-a-roni pepperoni pizza, carrots, pineapple, milk— cinnamon pita bread, juice	29 Cinnamon English Muffins, mix fruit, milk— Turkey/cheese sandwich, celery, grapes, milk— Ritz crackers, cheese slices	30 