



# January 2021

Cycle Weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					1 CLOSED  <b>Happy New Year!</b>	
	<b>4</b> B - Rice Krispies/fresh fruit L - French toast sticks & sausage Carrots/Applesauce AM S - Cottage Cheese/Chex Mix PM S - Nilla Wafers/Apples	<b>5</b> B - Bagels/Cream cheese L - Pizza rounds Green Beans/Peaches AM S - Crackers/berries PM S - Rice Cakes w/ cream cheese	<b>6</b> B - Cheerios/Orange Slices L - Cheese sandwich Corn/pear AM S - Yogurt/fruit PM S - Fruit Kabobs	<b>7</b> B - English Muffin/Berries L - Hot dogs Peas/Pineapple AN S - Grapes/Grahams PM S - Fruit/Veggie Crackers	<b>8</b> B -Muffins/Apple slices L - Chicken nuggets Mixed veggies/Fruit cocktail AM S - Pretzels & Cheese PM S - Animal Crackers/Fruit	
	<b>11</b> B -Bagels w/ Cream Cheese L - Spaghetti Peas/Pineapple AM S - Mixed Fruit/Rice Cakes PM S -Cottage Cheese & Crackers	<b>12</b> B - Cheerios/orange slices L - Scrambled eggs Mixed Veggies/Applesauce AM S - Apples/Veggie crackers PM S - Chex Mix/Fruit	<b>13</b> B - English muffin/Apple slices L Turkey Sandwich Corn/Peaches AM S - Nila Wafers/Raisins PM S - Fruit Kabobs	<b>14</b> B - Toast with soy butter/fruit L - Fish Sticks Green beans/Fruit cocktail AM S - Graham Cracker/Fruit PM S - Apple slices/pretzels	<b>15</b> B - Rice Krispies/ Fresh Fruit L - Mac & Cheese Carrots & Pears AM S - Nilla wafers & raisins PM S - Cheese slices/Crackers	
	<b>18</b> B - Bagels/Cream Cheese L - Pizza Rounds Peas/pears AM S -Fresh Fruit /Nilla Wafers PM S - Berry Parfaits	<b>19</b> B- Rice Krispies/Fresh Fruit L-Soy butter & Jelly sandwich Carrots/Applesauce AM S- Bananas/ animal crackers PM S- Veggies Straws/ Fruit	<b>20</b> B - English Muffins & Blueberries L - Corn dogs Mixed veggies/Fruit cocktail AM S -Raisins/Crackers PM S - Mini Rice Cakes/fruit	<b>21</b> B - Blue berry muffins/fresh fruit L - Pancakes & Sausage Green Beans/Peaches AM S - Yogurt/Graham PM S - Apple Cars	<b>22</b> B - Toast & Jelly/Banana L - Cheese quesadillas/Corn & Pineapple AM S - Pretzels/Fruit PM S - Cheese and crackers	
B = Breakfast L = Lunch S = Snacks	<b>25</b> B -English Muffins/ Berries L - Meatballs & noodles Mixed veggies/Pineapple AM S - Banana/vegie crackers PM S - yoqurt and berries	<b>26</b> B - Toast & Jelly/Apple slices L Ham Sandwich Corn/Peaches AM S - Nila Wafers/Raisins PM S - Fruit Kabobs	<b>27</b> B - Rice Krispies/ Blueberries L - Sloppy Joes Green beans/Pears AM S -Raisins/Crackers PM S - Mini Rice Cakes/fruit	<b>28</b> B - Toast & Jelly/Apple slices L Spaghetti Carrots/Fruit cocktail AM S - Nila Wafers/Raisins PM S - graham & fruit	<b>29</b> B- Oatmeal/Fresh Fruit L-Waffles & Ham Peas /Applesauce AM S- Bananas/ veggie crackers PM S- fig newton/ Fruit	Milk served with breakfast and lunch. Water for snacks unless otherwise stated