



JANUARY

2021

<u>Meal</u>		<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week of	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Oatmeal, fresh fruit	Pancakes, fresh fruit	Cheerios, fresh fruit
1/4	Lunch	Chicken Pasta Salad, corn, pears	Taco's, green beans, fruit cocktail	Chicken sandwiches, peas, tropical fruit	Chicken pot pie, mixed vegetables, peaches	Mini pizza's, carrots, pineapple
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	Saltine crackers, string cheese	Ritz crackers, turkey	Goldfish, raisins
Week of	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Cheerios, fresh fruit	Waffles, fresh fruit	Cheerios, fresh fruit
1/11	Lunch	Macaroni and cheese, corn, pears	Lasagna, green beans fruit cocktail	Amish noodles, peas, tropical fruit	Hash brown casserole, mixed vegetables, peaches	Beef stew, carrots, pineapple
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	Saltine crackers, string cheese	Ritz crackers, turkey	Goldfish, raisins
Week of	Breakfast	Yogurt, granola, fresh fruit	Bagels, fresh fruit	Oatmeal, fresh fruit	Waffles, fresh fruit	Cheerios, fresh fruit
1/18	Lunch	Grilled cheese sandwiches, tomato soup, peas, pears	Spaghetti with meat sauce, green beans, fruit cocktail	BBQ chicken with rice, peas, tropical fruit	Cheesy chicken and broccoli casserole, mixed vegetables, peaches	Hamburgers, carrots, pineapple
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	String cheese, saltine crackers	Ritz crackers, turkey	Goldfish, raisins
Week of	Breakfast	Yogurt, granola, fresh fruit	Bagels, fresh fruit	Oatmeal, fresh fruit	Pancakes, fresh fruit	Cheerios, fresh fruit
1/25	Lunch	Tuna casserole, peas, pears	Goulash, green beans, fruit cocktail	Teriyaki Chicken, peas, tropical fruit	Western omelet, mixed vegetables, peaches	Meatloaf, carrots, pineapple
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	String cheese, saltine crackers	Ritz crackers, turkey	Goldfish, raisins

