

January		AM Snack	PM Snack (with Milk)	Fruit/Changes	
		Monday	Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
		Tuesday	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
		Wednesday	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
		Thursday	Smoothie or Yogurt or Chia Pudding	Homemade	
		Friday	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
		AM Snack	PM Snack (with Milk)		
	Monday				
Jan 1	Tuesday	CLOSED	CLOSED		
Jan 2	Wednesday	Cereal and Milk, Raisins	Veggie Sticks, Hummus, Fruit	Fruit/Changes	
Jan 3	Thursday	Oatmeal, Berries	COOKING PROJECT + Fruit		
Jan 4	Friday	Applesauce, Graham Crackers	Whole Wheat Pasta, Butter, Parmesan Peas		
		AM Snack	PM Snack (with Milk)		
Jan 7	Monday	Chia Yogurt, Fruit	Chicken Nuggets, Green Beans, Dried Fruit		
Jan 8	Tuesday	Cottage Cheese, Berries	Rice crackers, Mozzarella sticks, tomatoes and Fruit		
Jan 9	Wednesday	Cinnamon Raisin Toast, Fruit	Raw Veggies and Hummus	Fruit/Changes	
Jan 10	Thursday	Cereal and Milk, Fruit	COOKING PROJECT + Fruit		
Jan 11	Friday	Banana, Sunbutter & Oats	Potatoes w/Olive Oil, Salt & Pepper		
		AM Snack	PM Snack (with Milk)		
Jan 14	Monday	Yogurt, Berries & Milk	Cous Cous & Mixed Veggies		
Jan 15	Tuesday	Turkey Bacon, Fruit	Seaweed-Rice Crackers, Cheddar, Fruit		
Jan 16	Wednesday	Breakfast Bars, Fruit	Fish Sticks, Applesauce, Cucumbers	Fruit/Changes	
Jan 17	Thursday	Wheat Bagels, Sunbutter & Fruit	COOKING PROJECT + Fruit		
Jan 18	Friday	Granola, Yogurt, Berries or Raisins	Mac & Cheese, Broccoli		
		AM Snack	PM Snack (with Milk)		
Jan 21	Monday	Breakfast Bars, Yogurt	Triscuits, Mozzarella Sticks, Fruit		
Jan 22	Tuesday	Toast w/ Jam, Berries	Whole Wheat Pasta, Butter, Parmesan Peas		
Jan 23	Wednesday	Cereal and Milk, Raisins	English Muffin Cheese Pizza	Fruit/Changes	
Jan 24	Thursday	Pancakes, Fruit	COOKING PROJECT + Fruit		
Jan 25	Friday	Spinach, Mango, Banana, Coconut Milk Smoothie	Veggie Sticks, Hummus, Fruit		
		AM Snack	PM Snack (with Milk)		
Jan 28	Monday	Oatmeal, Berries	Homemade Sesame Noodles & Cucumbers		
Jan 29	Tuesday	Chia Yogurt, Fruit	Chicken Nuggets, Green Beans, Dried Fruit		
Jan 30	Wednesday	Cottage Cheese, Berries	Raw Veggies and Hummus		

Jan 31	Thursday	Cinnamon Raisin Toast, Fruit	COOKING PROJECT + Fruit	
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