

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)	Fruit/Changes
Jan. 1	Friday	CLOSED	CLOSED	
Jan. 4	Monday	Mini Waffles, Fruit	Banana Slices & Graham Crackers	
Jan. 5	Tuesday	Breakfast Bars & Fruit	COOKING PROJECT +Fruit	
Jan. 6	Wednesday	Rice Cakes & Apple Butter	Cottage Cheese & Fruit	
Jan. 7	Thursday	Oatmeal, Berries	Cheddar Cheese & Peppers	
Jan. 8	Friday	Applesauce, Toast	Veggie Sticks, Hummus & Spinach	
		AM Snack	PM Snack (with Milk)	Fruit/ Changes
Jan. 11	Monday	Sausage & Fruit	Mac & Cheese & Peas	
Jan. 12	Tuesday	French Toast & Fruit	COOKING PROJECT + FRUIT	
Jan. 13	Wednesday	English Muffins w/ Cheese & Fruit	Mozarella Sticks & Dried Fruit	
Jan. 14	Thursday	Graham Crackers & Fruit	Whole Wheat Pasta, Butter, Parmesan & Broccoli	
Jan. 15	Friday	Breakfast Bars & Fruit	Tortilla Chips & Salsa	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Jan. 18	Monday	Minni Pancakes & Fruit	Fish Sticks, Applesauce	
Jan. 19	Tuesday	Cereal and Milk	COOKING PROJECT + FRUIT	
Jan. 20	Wednesday	Yogurt, Fruit	Cooked Carrots & Fruit	
Jan. 21	Thursday	Cottage Cheese, Toast	Rice crackers & Fruit	
Jan. 22	Friday	Rice Cakes & Apple Butter	Chicken Nuggets & Peppers	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Jan.25	Monday	Minni Waffles & Fruit	Pirate Booty & Grape Tomatoes	
Jan. 26	Tuesday	Berry, Coconut Milk Smoothie	COOKING PROJECT + Fruit	
Jan. 27	Wednesday	Oatmeal & Fruit	Applesauce & Rice Cakes	
Jan. 28	Thursday	Cereal & Milk	Cheddar Cheese & Cucumber	
Jan.29	Friday	Yogurt & Fruit	Chicken Nuggets, Green Beans, Dried Fruit	