

January 3 - January 31

## What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SCHOOL CLOSE	4 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. Whole Grain Honey Bun-1 Milk-8 oz.	5 Fresh Pear-1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz.	6 Fresh Apple-1 W/G Frosted Flakes-1 oz. W/G Strawberry Waffle Grahams-2 Milk-8 oz.	7 Fresh Orange-1 W/G Honey Graham Toasters Crl-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.
10 Pineapple Cup-1/2 c. 100% Grape Juice-4 oz. W/G Frosted Mini Wheat Cereal W/G Graham Crackers-3 Milk-8 oz.	11 Fresh Red Apple-1 W/G Cinnamon Toasters Crl-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.	12 Fresh Orange-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	13 Fresh Pear-1 W/G Trix Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	14 Granny Smith Apple-1 W/G Strawberry Pop Tarts-2 Milk-8 oz.
17 SCHOOL CLOSE	18 Fresh Pear-1 Whole Grain Honey Bun-1 Milk-8 oz.	19 Fresh Orange-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	20 Fresh Apple-1 W/G Rice Krispies-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.	21 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.
24 Fresh Orange-1 W/G Raisin Bran Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	25 Fresh Apple-1 W/G Superdonut-2 oz. Milk-8 oz.	26 Mandarin Orange Cup-1/2 c. 100% Apple Juice-4 oz. W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	27 Fresh Pear-1 W/G Blueberry Pop Tarts-2 Milk-8 oz.	28 Granny Smith Apple-1 W/G Frosted Mini Wheat Cereal-1 oz. W/G Raisin Bread with Margarine-1 Milk-8 oz.
31 Fresh Pear-1 W/G Frosted Flakes-1 oz. W/G Graham Crackers-3 Milk-8 oz.				

January 3 - January 31

# What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SCHOOL CLOSE	4 Chicken Taco's with Cheddar Cheese-2oz Corn-1c 6" Flour Torilla-2 Fresh Banana-1 Milk-8 oz.	5 Swedish Meatballs with Gravy-3oz Roasted Potato-3/4c Dinner Roll-1 Applesauce Cup-1 Milk-8oz	6 Beef Bologna and Cheese on Whole Wheat Roll-1 Fresh Carrots W/Dip-1c Fresh Pear-1 Milk-8 oz.	7 3x5 Pizza-2 Slices Slices Cucumber Cup W/Dip 3/4c Granola Bar-1 Milk-8oz
10 All Beef Hot Dog on a Whole Wheat Bun-1 Tater Tots-3/4c Fresh Orange-1 Milk-8 oz.	11 Beef Taco's W/Shredded Cheddar Cheese-2oz Brown Rice-3/4c 6" Flour Torilla-2 Fresh Pear-1 Milk-8oz	12 Popcorn Chicken-3.8 oz Broccoli Florets-3/4c Dinner Roll-1 Craisins-1/2c Milk-8oz	13 Sun Butter & Jelly Uncrustable on Whole Grain Bread-1 Fresh Carrots W/ Dip-1c Fresh Apple-1 Milk-8 oz.	14 Turkey Ham and Swiss Cheese on W/G Potato Roll-1 Tomato Cup-3/4 c Mandarin Orange Cup-1/2c Milk-8oz
17 SCHOOL CLOSE	18 Chicken Taco's with Cheddar Cheese-2oz Celery Sticks-3/4c 6" Flour Torilla-2 Pudding Cup-1 Milk-8oz	19 Turkey and Cheese on a Whole Wheat Kaiser Roll-1 Fresh Baby Carrots w/ Dip-1 c. Fresh Apple-1 Milk-8 oz.	20 Cheese and Bean Burrito-1 Fresh Green Beans-3/4c Fresh Banana-1 Milk-8 oz.	21 3x5 Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 c. Fresh Pear-1 Milk-8oz
24 W/G Chicken Fingers-3 Corn-3/4c Whole Grain Bread Fresh Apple-1 Milk-8 oz.	25 Beef Nachos W/ Cheddar Cheese Sauce-8oz Fresh Broccoli W/Dip-3/4c W/G Torilla Scoops-1oz Fresh Banana-1 Milk-8oz	26 Macaroni and Cheese-1c Salad W/Dressing-1 1/2c Dinner Roll-1 Peach Applesauce Cup 1/2c Milk-8oz	27 All Beef Italian Sub-1 Beef Bologna Beef Salami American Cheese Fresh Green Beans-1c Cherry Craisins-1/2c Milk-8 oz.	28 3x5 Pizza -2 Slices Sliced Cucumber Cup W/Dip-3/4c Pudding Cup-1 Milk-8 oz.
31 All Beef Hamburger on a Whole Wheat Bun-1 Tater Tots-3/4c Fresh Apple-1 Milk-8 oz.				



# JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 NO SCHOOL	4 Fresh Fruit Cheese Stick	5 Fresh Fruit Goldfish	6 Fresh Fruit Granola Bar	7 Fresh Fruit Graham Cracker	8
9	10 Fresh Fruit Fruit Rollup	11 Fresh Fruit Choc Teddy Grahams	12 Fresh Fruit Trail Mix	13 Fresh Fruit Go-Gurts Yogurt	14 Fresh Fruit Oatmeal Cookies	15
16	17 NO SCHOOL	18 Fresh Fruit Peanut Butter Crackers	19 Fresh Fruit Animal Crackers	20 Fresh Fruit Veggie Straws	21 Fresh Fruit Pretzels	22
23	24 Fresh Fruit Cheese-It	25 Fresh Fruit Cheese Stick	26 Fresh Fruit Goldfish	27 Fresh Fruit Granola Bar	28 Fresh Fruit Graham Cracker	29
30	31 Fresh Fruit Fruit Rollup					