

January 2021



4

Breakfast

Life Cereal

Applesauce

Lunch

Chicken w/Mixed Veggies
and Rice

Cantaloupe

Snack

Soft Pretzel

Cheese Cubes

5

Breakfast

Whole Grain Waffles

Fruit Cocktail

Lunch

Ravioli w/ Meat Sauce

Whole Wheat Roll

Carrots

Diced Pears

Snack

Graham Crackers

Grapes

6

Breakfast

Hot Biscuit

Honeydew Melon

Lunch

Hot Dogs with Baked Beans

Bun

Pineapple Tidbits

Snack

Animal Crackers

Watermelon

7

Breakfast

Bagel

Peaches

Lunch

Soft Beef Taco w/ Lettuce and Cheese

Corn

Apple Slices

Snack

Pita Chips w/ Fruit Salsa

8

Breakfast

Cinnamon Toast

Banana

Lunch

Grilled Cheese w/ Tomato Soup

Broccoli

Strawberries

Snack

Low Fat Yogurt with Blueberries

11

Breakfast

Rice Krispies

Oranges

Lunch

Corndog Muffins

Peas and Carrots

Cantaloupe

Snack

Mini Pretzels

Tropical Fruit

12

Breakfast

Pancakes

Banana

Lunch

Turkey and Gravy w/Mashed
Potatoes

Whole Wheat Roll

Fruit Cocktail

Snack

Ritz Crackers

String Cheese

13

Breakfast

Bagel Breakfast Sandwich

Raisins and Craisins

Lunch

Sloppy Joes w/ Roll

Hash Brown

Apple Slices

Snack

Graham Crackers

Raspberries

14

Breakfast

Whole Wheat English Muffin

Pineapple

Lunch

BBQ Chicken

Broccoli

Tropical Fruit

Snack

Oatmeal Bars

Milk

15

Breakfast

Cornbread

Sliced Peaches

Lunch

Bagel Pizzas

Salad

Pears

Snack

Snack Mix

18

Breakfast

Cheerios

Pear Halves

Lunch

Soynut Butter & Jelly Sandwich

Mixed Veggies

Fruit Cocktail

Snack

Yogurt Bark w/ Fresh Fruit

19

Breakfast

French Toast

Peaches

Lunch

Cheese Quesadilla

Corn

Pineapple Tidbits

Snack

Whole Wheat Pita Bread

Hummus

20

Breakfast

Mini Bagel

Banana

Lunch

Cheeseburger Mac and Cheese

Carrots

Applesauce

Snack

Whole Grain Cheese-Its

Grapes

21

Breakfast

Scrambled Eggs with Toast

Honeydew Melon

Lunch

Chicken Nuggets

Green Beans

Watermelons

Snack

Oatmeal Bars

Milk

22

Breakfast

Funfetti Pancake Donuts

Cantaloupe

Lunch

Pasta w/ Beef Sauce

California Blend Mixed Veggies

Pears

Snack

Ritz Crackers

String Cheese

25

Breakfast

Corn Chex Cereal

Pineapple Tidbits

Lunch

Chicken Pasta w/Peas

and Carrots

Applesauce

Snack

Soynut Butter Dip

Apple Slices

26

Breakfast

Waffle

Diced Pears

Lunch

Meatball Sub on Roll

Carrots

Fruit Cocktail

Snack

Whole Wheat Goldfish

Strawberries

27

Breakfast

Whole Grain Rich Toast

Banana

Lunch

Turkey w/ Gravy and Mashed Potatoes

Green Beans

Pineapple Tidbits

Snack

Lowfat Yogurt

Graham Crackers

28

Breakfast

Chocolate Chip Pancakes

Mandarin Oranges

Lunch

Cheese Pizza on Whole Grain Crust

California Blend Vegetables

Diced Peaches

Snack

Veggies w/ Ranch Dip

29

Breakfast

French Toast

Peaches

Lunch

Soft Chicken Taco
w/ Lettuce & Cheese

Pineapple Chunks

Corn

Snack



Notes:

This menu is peanut-free. Whole milk is served to children under 2 years of age. 1% or Fat Free Milk is served with breakfast and lunch to all ages.

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