




# January Menu

Day 1 (1)	Day 2 (2)	Day 3 (3)
<p><b>Happy New Year 2007</b></p> 	<p><b>Breakfast</b> Cereal, bananas, milk</p> <p><b>Lunch</b> Baked Chicken, croissant, carrots, applesauce, milk</p> <p><b>P.M. Snack</b> Toast, yogurt</p>	<p><b>Breakfast</b> Waffles, applesauce, milk</p> <p><b>Lunch</b> Beef taco, tater tots, oranges, milk</p> <p><b>P.M. Snack</b> Graham crackers, milk</p>
Day 4 (4)	Day 5 (5)	Day 6 (8)
<p><b>Breakfast</b> Muffins, peaches, milk</p> <p><b>Lunch</b> Crescent dogs, French fries, bananas, milk</p> <p><b>P.M. Snack</b> Cheese stick, applesauce</p>	<p><b>Breakfast</b> Toast, oranges, milk</p> <p><b>Lunch</b> Teriyaki chicken, cheese biscuit, green beans, peaches, milk</p> <p><b>P.M. Snack</b> Muffin, milk</p>	<p><b>Breakfast</b> Cereal, oranges, milk</p> <p><b>Lunch</b> Chicken nuggets, macaroni cheese, corn, apples, milk</p> <p><b>P.M. Snack</b> Cinnamon Me's, milk</p>
Day 7 (9)	Day 8 (10)	Day 9 (11)
<p><b>Breakfast</b> Pancakes, apples, milk</p> <p><b>Lunch</b> Taco cornbread pizza, carrots, pears, milk</p> <p><b>P.M. Snack</b> Bagel, cheddar cheese</p>	<p><b>Breakfast</b> Bagel, pears, milk</p> <p><b>Lunch</b> Pork stroganoff, green beans, bananas, milk</p> <p><b>P.M. Snack</b> Animal crackers, apples</p>	<p><b>Breakfast</b> HM Blueberry muffins, pineapples, milk</p> <p><b>Lunch</b> Beef tater tot casserole, bread slice, mix veggies, milk</p> <p><b>P.M. Snack</b> Cookies, milk</p>

Muffins served-strawberry, raspberry, corn, blueberry, apple cinnamon, bran, mixed berry

Rice Cakes served-caramel

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex

Noodles served-macaroni & cheese, shells & white cheddar, fettuccine alfredo, chicken & broccoli

Granola bars served-Quaker soft granola bars

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

Recipe sources: <http://www.recipezaar.com/> <http://www.bhg.com/recipe/>

Water is served throughout the day and upon request


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Day 10 (12)	Day 11 (15)	Day 12 (16)
<b>Breakfast</b> Toast, bananas, milk <b>Lunch</b> Turkey burrito, peas, pineapples, milk <b>P.M. Snack</b> Snowbird snack, milk	<b>Martin Luther King Jr. Day</b> 	<b>Breakfast</b> English muffin, peaches, milk <b>Lunch</b> Beef bake ziti, grapefruit, peas, milk <b>P.M. Snack</b> Elephant ears, milk
Day 13 (17)	Day 14 (18)	Day 15 (19)
<b>Breakfast</b> Cheese bread, oranges, milk <b>Lunch</b> Bake pork chops, noodles, green beans, peaches, milk <b>P.M. Snack</b> Veggie Snowman, milk	<b>Breakfast</b> Cereal, grapefruit, milk <b>Lunch</b> Chicken enchiladas, corn, applesauce, milk <b>P.M. Snack</b> Kids Pizza, water	<b>Breakfast</b> Bagel, applesauce, milk <b>Lunch</b> Ham & cheese croissant, carrots, oranges, milk <b>P.M. Snack</b> Easy peach crisp, milk
Day 16 (22)	Day 17 (23)	Day 18 (24)
<b>Breakfast</b> Toast, apples, milk <b>Lunch</b> Fish sticks, bread, corn, grapes, milk <b>P.M. Snack</b> French toast sticks, milk	<b>Breakfast</b> Cereal, grapes, milk <b>Lunch</b> Beef pizza burgers, carrots, apples, milk <b>P.M. Snack</b> Monkey bread, milk	<b>Breakfast</b> French toast, oranges, milk <b>Lunch</b> Chicken Fettuccini Alfredo, green beans, applesauce, milk <b>P.M. Snack</b> Cottage cheese, apples

Muffins served-strawberry, raspberry, corn, blueberry, apple cinnamon, bran, mixed berry

Rice Cakes served-caramel

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex

Noodles served-macaroni & cheese, shells & white cheddar, fettuccine alfredo, chicken & broccoli

Granola bars served-Quaker soft granola bars

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

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Day 19 (25)	Day 20 (26)	Day 21 (29)
<b>Breakfast</b> Cheese biscuit applesauce, milk <b>Lunch</b> Salisbury steak, bread slice, mixed veggies, pears, milk <b>P. M. Snack</b> Oatmeal cookies, milk	<b>Breakfast</b> English muffin, pears, milk <b>Lunch</b> Cheese Pizza (cornbread crust), peas, oranges, milk <b>P. M. Snack</b> Deep dish apple crisp, milk	<b>Breakfast</b> Waffles, apples, milk <b>P. M. Snack</b> Macaroni & cheese, milk
Day 22 (30)	Day 23 (31)	
<b>Breakfast</b> Waffles, oranges, milk <b>Lunch</b> Beef sausage, (gravy & biscuit) applesauce, green beans, milk <b>P. M. Snack</b> Pat a pizza (biscuit, cheese)	<b>Breakfast</b> Croissant, applesauce, milk <b>Lunch</b> Spaghetti macaroni, peas, oranges, milk <b>P. M. Snack</b> Raspberry corn muffin, milk	

Muffins served-strawberry, raspberry, corn, blueberry, apple cinnamon, bran, mixed berry

Rice Cakes served-caramel

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex

Noodles served-macaroni & cheese, shells & white cheddar, fettuccine alfredo, chicken & broccoli

Granola bars served-Quaker soft granola bars

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

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