

January 2010

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Breakfast: Biscuit with egg & cheese, cereal, cereal bar, juice, milk Lunch: BBQ on a bun or Cheese pizza, applesauce, carrot sticks, fruit, cookie, milk	Breakfast: Donut, cereal, popart, juice, milk Lunch: Chicken tenders or Hamburger, broccoli, mixed fruit, salad setup, fruit, pudding, milk	Breakfast: French toast sticks & sausage, cereal, granola bar, milk, juice Lunch: Hoagie sandwich or Turkey with gravy & rice, corn, applesauce, salad, fruit, cookie, milk	Breakfast: Biscuit & sausage, cereal, popart, juice, milk Lunch: Chili Dog or Pepperoni Hot Pocket, corn, salad, fruit, apple crisp, milk	Breakfast: Cereal, cereal bar, granola bar, juice, milk Lunch: Corn Dog, or Chicken Nuggets, baked beans, salad, fruit, cherry frozen dessert, milk
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Breakfast: Biscuit with egg & cheese, cereal, cereal bar, juice, milk Lunch: Burrito or Philly Cheesesteak, pineapple, corn, fruit, cake, milk	Breakfast: Donut, cereal, popart, juice, milk Lunch: Chili Mac or Turkey patty on bun, green beans, salad, cinnamon apples, fruit, cookie, milk	Breakfast: French toast sticks, cereal, granola bar, milk, juice Lunch: Chicken Nuggets or Hamburger on Bun, fries, carrot sticks, salad, fruit, applesauce, cookie, milk	Breakfast: Biscuit & sausage, cereal, popart, juice, milk Lunch: Steak fingers or Pepperoni pizza, pinto beans, salad, fruit, brownie, milk	Breakfast: Cereal, cereal bar, granola bar, juice, milk Lunch: Ham & Cheese on Pretzel Bun or Lasagna, corn, salad, fruit, pudding, milk
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Breakfast: Biscuit with egg & cheese, cereal, cereal bar, juice, milk Lunch: Crispito or Tacos, pinto beans, fruit, cookie, milk	Breakfast: Donut, cereal, popart, juice, milk Lunch: Fish or Hamburger, fries, fruit, pudding, milk	Breakfast: French toast sticks, cereal, granola bar, milk, juice Lunch: Pig in a blanket or Fajita, refried beans, peaches, carrot sticks, fruit, cookie, milk	Breakfast: Biscuit & sausage, cereal, popart, juice, milk Lunch: Chicken nuggets or Hot pocket, pineapple, carrot sticks, rice krispy treat, fruit, milk	Breakfast: Cereal, cereal bar, granola bar, juice, milk Lunch: Nachos or Chicken burger, salad setup, pears, fruit, brownie, milk
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Breakfast: Biscuit with egg & cheese, cereal, cereal bar, juice, milk Lunch: Ham & cheese on pretzel bun or Grilled cheese, chicken noodle soup, pineapple, fruit, congo bar, milk	Breakfast: Donut, cereal, popart, juice, milk Lunch: Soft taco or Chicken on bun, spanish rice, peaches, fruit, salad setup, brownie, milk	Breakfast: French toast sticks, cereal, granola bar, milk, juice Lunch: Chicken nuggets or BBQ on a bun, pinto beans, carrot sticks, applesauce, fruit, cookie, milk	Breakfast: Biscuit & sausage, cereal, popart, juice, milk Lunch: Chef salad or Pepperoni pizza, celery sticks with peanut butter, salad, mixed fruit, fruit, pudding, milk	Breakfast: Cereal, cereal bar, granola bar, juice, milk Lunch: Salisbury steak or spaghetti, green beans, salad, fruit, pudding, milk