



January



18

19

20

21

22



HM= Home Made
WG= Whole Grain

	<i>Martin Luther King Day</i>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	WG Cereal & Milk & Fruit	WG Cereal & Milk & Fruit	WG Cereal & Milk & Fruit	WG Cereal & Milk & Fruit	WG Cereal & Milk Fruit Hot Breakfast
MORNING SNACK	Fresh Fruit	Cottage Cheese	Chicken in a Biscuit	Bagels & Cream Cheese	Raisins
LUNCH	Beanie Weenies Corn Mandarin Oranges Bread & Butter Milk	Cheesy Hamburger WG Mac Green Beans Pineapple Bread & Butter Milk	Beef Sticks Mashed Potatoes Mixed Fruit Bread & Butter Milk	Tuna & WG Noodles Peas Applesauce Bread & Butter Milk	Lunch Meat Sandwich Mixed Vegetables Pears WG Sun Chips Milk
AFTERNOON SNACK	Carrots and Ranch & Juice	WG Wheat Thins & Juice	WG Bug Bites Crackers & Milk	Cheez-Its & Juice	Cook's Choice



Silly Monsters Get Hungry, Too!