

## January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Rice Crispies, berries, milk</p> <p>Egg/veggie/cheese/ham bake, roasted potatoes, milk</p> <p>Naan bread, wow butter, bananas</p>	<p>5 Toast, Avocado</p> <p>Tomato-macaroni soup, Grilled cheese, cucumber, milk</p> <p>Trail mix, applesauce</p>	<p>6. Blueberry muffins, apples</p> <p>Chicken, mashed potatoes, mixed vegetables, milk</p> <p>Melba Toast, cream cheese, clementines</p>	<p>7. Bagels, cream cheese, pears</p> <p>Tuna melts, Peas, Macaroni &amp; Cheese, pepper slices, milk</p> <p>Triscuits, cheese, plums</p>	<p>8. Yogurt, granola</p> <p>Fajitas, rice pilaf, milk</p> <p>Apples, Graham wafers</p>
<p>11. Cheerios, milk, plums</p> <p>Spaghetti, meatballs, tossed salad, milk</p> <p>Rice cakes, fruit spread</p>	<p>12. Pancakes, berries</p> <p>Chicken/potato bake, cooked carrots, bread, milk</p> <p>Vegetable slices, dip, crackers</p>	<p>13. Toast, wow butter, apples</p> <p>Broccoli/cheese quiche, sliced peppers, Pasta Parm, milk</p> <p>Fruit fiesta, Trail mix</p>	<p>14. Vanilla yogurt, berries</p> <p>Taco bake, Caesar salad, milk</p> <p>Cheese sandwiches, melon</p>	<p>15. English Muffins, eggs</p> <p>Salmon Nuggets, rice, green beans, cucumber slices, milk</p> <p>Banana bread, clementines.</p>
<p>18. Raisin toast, oranges</p> <p>Chicken stew, buns, vegetable sticks, milk</p> <p>Pita, cream cheese, cucumbers</p>	<p>19. Cereal, milk, mango</p> <p>Lasagna, garden salad, garlic bread, milk</p> <p>Applesauce, Oatmeal cookies</p>	<p>20. Yogurt, granola, pineapple</p> <p>Chicken/rice/veg soup, assorted sandwiches, milk</p> <p>Wow butter, banana wraps</p>	<p>21. Bagels, cream cheese, apples</p> <p>Meatballs, rice, corn, peas, milk</p> <p>Animal crackers, clementines</p>	<p>22. Toast, plums</p> <p>French toast, berries, roasted potatoes, milk</p> <p>Apple crisp, vanilla yogurt</p>
<p>25. Melba toast, Cream Cheese pears</p> <p>Chili, garden salad, buns, milk</p> <p>Cheese &amp; Cucumber Pita</p>	<p>26. English Muffins, Fruit Spread</p> <p>Scrambled eggs, roasted potatoes, Cooked Carrots, cucumbers, milk</p> <p>Zucchini bread, apples</p>	<p>27. Cheerios, milk, Berries</p> <p>Beefaroni, garden salad, buns, milk</p> <p>Apple sauce, graham wafers</p>	<p>28. Toast, avocado, eggs</p> <p>Deluxe pizza, Chicken/veggie /noodle soup, milk</p> <p>Melon, yogurt dip</p>	<p>29. Cornflakes, milk, bananas</p> <p>Roast beef, mashed potatoes, mixed vegetables, gravy, bread, milk</p> <p>Vegetable slices, crackers, Humus</p>