# January 2015

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
</table>
| 5 Cereal, Oranges  
Fish-sticks, Broccoli, Applesauce | 6 Cereal, Bananas  
Yogurt, Pierogies, Green Beans, Canned Peaches | 7 Oatmeal, Seedless Grapes  
Sloppy Joes, Mix Veggies, Tater Tots and Fruit Cocktail | 8 Bagels w/ Crm. Chs., Apples  
Pancakes, Sausage, Carrots, Canned Pears | 9 Cereal, Bananas  
Soy Butter & Jelly Sandwich,  
Chicken Noodle Soup, Canned Pineapple |
| 12 English Muffin with Jelly, Apples  
Tuna Fish, Cottage Cheese, Peas, Fruit Cocktail (bread as extra) | 13 Oatmeal with Raisins, Bananas  
Pizza, Carrots, Canned Mand. Oranges | 14 Cereal, Seedless Grapes  
Goulash w/ Meat Sauce, Green Beans, Canned Pears | 15 Fruit Muffins, Oranges  
Chicken with Rice, Broccoli, Canned Peaches | 16 Cereal, Bananas  
Grilled Cheese, Tomato Soup, Apple Sauce |
| 19 Cereal, Seedless Grapes  
Chicken nuggets, Tater Tots, Broccoli and Canned Peaches | 20 Homemade Applesauce Muffin, Oranges  
Beef Chili with Beans, Canned Fruit Cocktail | 21 Cereal, Bananas  
Ham, Mashed Potato, Corn, Canned Pears | 22 Bagels w/ Crm. Chs., Apples  
Hamburger, Baked Fries, Mixed Veggies, Canned Peaches | 23 Cereal, Oranges  
Pizza, Carrots, Canned Pineapple |
| 26 Oatmeal, Raisins, Seedless Grapes  
Sloppy Joes, Green Beans, Canned Pineapple | 27 Cereal, Oranges  
Fish Sticks, Corn, Canned Applesauce | 28 Blueberry Squares, Bananas  
Turkey Noodle Soup, Peas, Canned Mand. Oranges | 29 Bagels w/ Crm. Chs, Bananas  
Cheese Ravioli, Meat Sauce, Green Beans, Canned Pineapple | 30 Cereal, Apples  
Pancakes, Turkey Sausage, Mixed Vegetables, Canned Pears |

Milk is served at Breakfast & Lunch. Whole milk is served to children under 2 yrs, 1% milk is served to children 2 yrs and older. A variety of cold cereal served, all with under 6 grams of sugar. Lunch is served with whole wheat bread when bread is not in the menu. Raw veggies are served with every lunch.