

January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Dutch Rusk, assorted cereal, flavored yogurt, jams, cheese, melba toast and milk/water.	Dutch Rusk, assorted cereal, flavored yogurt, jams, cheese, bagels, and milk/water.	Dutch Rusk, assorted cereal, flavored yogurt, cheese, jams, granola, and milk/water.	Dutch Rusk, assorted cereal, flavored yogurt, jam, cheese, hard boiled eggs, and milk/water.	Dutch Rusk, assorted cereal, flavored yogurt, Melba toast &, jams, cheese, loaf bread and milk/water.
Mid-morning snack	½ whole wheat bagel cream cheese and pineapple, and water	Yogurt, granola, and water	Hard boiled eggs, bread sticks, and water	Loaf bread, ½ banana, and water	Assorted cereal, blueberries, milk and water
Lunch	Bean with ham soup, Whole wheat bread, Green and orange veggie stick, fruit and milk	Upside down pizza, Garden salad, Fruit and milk	Chicken rice soup, Deli style sandwiches, Tomato slices, Lettuce leaves and Carrot sticks, Fruit and Milk	Herbed baked fish, Whole wheat rice, Broccoli, Whole wheat buns, Fruit and milk	Potato bacon soup, Homemade bisquit, Tossed salad, Fruit and milk
Mid-afternoon snack	Cheese cubes and crackers and water	Oatmeal cookies, Apple slices and water	Melon slices, graham wafers and water	Rice cakes, sliced oranges, and water	Green and orange veggie tray with hummus/dip, crackers and water

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Supper	Potato bacon soup, toss salad, bread and butter Fruit and milk	Bean with ham soup, whole wheat bread, green and orange veggie tray with hummus/dip, fruit and milk	Upside down pizza, garden salad, Fruit and milk	Chicken rice soup, Deli style sandwiches, Tomato slice, Leaf lettuce, carrot sticks, Fruit and Milk	Herbed baked fish, whole wheat rice, broccoli, whole buns, Fruit and milk
Late night snack	Cereal, blueberries, milk and water	Cheese cubes and crackers and water	Oatmeal cookies, apple slices and water	Melon slices, graham wafers and water	Rice cakes, sliced oranges and water