



Week of January 31st and February 7th



Whole & 1% Milk Served with Meals

Only Pure Juices Served

WG= Whole Grain

	Morning Snack	Lunch		Afternoon Snack
Monday 1/31	White Grape Juice Kixx Whole & 1% Milk	Baked Macaroni & Cheese Whole & 1% Milk	Corn Apple Slices	Pretzels Whole & 1% Milk
Tuesday 2/1	Straw/banana Juice Cheerios Whole & 1% Milk	Beef Tacos Oranges Whole & 1% Milk	Corn Whole & 1% Milk	Goldfish Whole & 1% Milk
Wednesday 2/2	Apple Juice Corn Flakes Whole & 1% Milk	Plum Chicken Stir Fry Veggies Whole & 1% Milk	Rice Mixed Fruit	Yogurt Whole & 1% Milk
Thursday 2/3	Applesauce Blueberry Muffin Whole & 1% Milk	Meatloaf Mashed Potatoes Whole & 1% Milk	WG Bun Bananas	Sun Chips Whole & 1% Milk
Friday 2/4	Bananas cheerios Whole & 1% Milk	Popcorn Chicken Peas Whole & 1% Milk	WG Roll Pears	String Cheese Wheat thins Water
Monday 2/7	Apple/Ban Juice Kixx Whole & 1% Milk	Bean & Cheddar Quesadillas Whole & 1% Milk	Corn Apple Slices	Sports Bites Apple Slices Water
Tuesday 2/8	Citrus Juice Corn Chex Whole & 1% Milk	Chicken Sliders Mixed vegetables Whole & 1% Milk	WG Bun Oranges	Chex Mix Whole & 1% Milk
Wednesday 2/9	Apple sauce Cheerios Whole & 1% Milk	Broccoli Chicken Casserole Mixed Fruit Whole & 1% Milk		Straw/Banana Yogurt Fruit juice
Thursday 2/10	Tropical Juice Kixx Whole & 1% Milk	Roast Turkey Whipped Potatoes Whole & 1% Milk	WG Bun Apple Sauce	Peanut Butter Crackers Whole & 1% Milk
Friday 2/11	Rasp/Orange Juice Corn Flakes Whole & 1% Milk	Cheese Sandwich Baby Carrots Whole & 1% Milk	WG Bread Apple Slices	Tortilla Chips Salsa Whole & 1% Milk