



# Menu January 2019



**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**

	31 <b>CRK CLOSED at NOON</b>	1 <b>CRK CLOSED</b>	2 B: Cheese Omelet, Strawberries & Milk/Water L: Pizza, Fries, Pineapples & Milk/Water P: Ritz Crackers, Cheese & Water	3 B: French Toast Turkey Sausage & 100% Juice/Water L: BBQ Drumstick, Baked Beans Peaches & Milk/Water P: Fresh Baked Oatmeal Cookies & Milk/Water	4 B: Biscuits, Turkey Bacon & 100% Juice/Water L: Hamburgers, Baked Chips, Applesauce & Milk/ Water P: Sun Butter Roll Up & 100% Juice/ Water	5
6	7 B: Cereal, Mixed Fruit & Milk/Water L: Hot Dogs, Potato Boats, Mixed Veggies & Milk/ Water P: Trail Mix & 100 % Juice/Water	8 B: Egg Casserole & 100% Juice L: Steak Fingers, Fries, Green Beans & Milk/ Water P: Apple Bars & 100% Juice/Water	9 B: Oatmeal & Milk/ Water L: Spaghetti, Peaches, Garlic Bread, Salad & Milk/Water P: Yogurt w/Granola & Milk/Water	10 B: Pancakes, Bananas & Milk/Water L: Chicken Nuggets, Pineapple Chunks, Carrots & Milk/Water P: Rice Cakes, Cream Cheese 100% Juice /Water	11 B: Cinnamon Toast, Applesauce & Milk/Water L: Cheese Quesadilla, Pinto Beans, Pears & Milk/Water P: Graham Crackers, Apples & Water	12
13	14 B: Bagels w/Cream Cheese & 100% Juice/Water L: Frito Pie w/Chili, Apples & Milk/Water P: Carrot Sticks Crackers, Ranch & Water	15 B: Cereal & Milk/Water L: Meatballs, Rice, Green Beans, Pears & Milk/ Water P: String Cheese, Cranraisins & 100% Juice/ Water	16 B: Waffles, Sausage & Milk/ Water L: Turkey Sandwich, Green Beans, Orange Slices & Milk/Water P: Fruit Snacks & Water	17 B: Oatmeal & Milk/Water L: Ravioli, Corn , Applesauce & Milk/ Water P: Cucumbers w/Ranch, Crackers & Water	18 B: Cereal Buffet, Bananas & Milk/ Water L: Nachos w/Cheese, Mandarin Oranges & Milk/Water P: Apple Bars & Milk/Water	19
20	21 B: Pancakes w/Syrup, Strawberries & Milk/Water L: Chicken & Dumplings, Strawberries & Milk/ Water P: Rice Krispie Treats w/100% Juice/Water	22 B: Cereal Buffet & Milk/Water L: Turkey & Cheese Sandwich, Chips, Pears & Milk/Water P: Yogurt w/ Granola, Banana & Water	23 B: French Toast Sticks & Milk/Water L: Chicken Nuggets, Peas, Baked Fries & Milk/Water P: Graham Crackers, Cranraisins & 100% Juice/Water	24 B: Egg s, Toast & Milk/Water L: Salisbury Steak, Mashed Potatoes, Corn, Peaches & Milk/Water P: Pretzels, String Cheese & Water	25 B: Cereal & Milk/Water L: Sun flower Butter w/Jelly Sandwich , Applesauce & Milk/ Water P: Snack Bars & 100% Juice/ Water	26
27	28 B: Cereal, Mixed Fruit & Milk/Water L: Hot Dogs, Potato Boats, Mixed Veggies & Milk/ Water P: Trail Mix & 100 % Juice/Water	29 B: Egg Casserole & 100% Juice L: Steak Fingers, Fries, Green Beans & Milk/ Water P: Apple Bars & 100% Juice/Water	30 B: Oatmeal & Milk/ Water L: Spaghetti, Peaches, Carrots, Salad & Milk/Water P: Yogurt w/Granola & Milk/Water	31 B: Pancakes, Bananas & Milk/Water L: Chicken & Rice, Pineapple Chunks, Carrots & Milk/Water P: Rice Cakes, Cream Cheese 100% Juice /Water	1 B: Cinnamon Toast, Applesauce & Milk/Water L: Cheese Quesadilla, Pinto Beans, Pears & Milk/Water P: Graham Crackers, Apples & Water	2
		<b>BEVERAGES:</b> Each meal is provided with the options of either 2% Milk and/or 100% Juice/Water	<b>CEREAL BUFFET:</b> Rooms 200-550: Variety of Whole Grain Cereal	<b>VEGETARIAN OPTIONS:</b> Please Refer to Vegetarian Menu	<b>INFANT REPLACEMENTS:</b> Blueberries will be substituted with Green Peas, No Chips, No Gold Fish	