

Ids Kids 2024 January MENU

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY	2	Breakfast: Cinnamon Oatmeal, Blueberries, and Milk	"National 4 Spaghetti Day" Breakfast: Banana Muffins (WG), Strawberries and Milk	Breakfast: Biscuits (WG) w/jelly, Pears, and Milk
NEW	KRK #25 No	Lunch: Fish Sticks (WG Rolls) Mix Veggies, Pears, Milk	Lunch: Turkey Spaghetti (WG), Broccoli, Pineapples and Milk	Lunch: Grilled Cheese Sandwiches, Tomato Soup, Mixed Fruit, and Milk
YEAR	School	Snack: Sliced Apples, Goldfish and water	Snack: Veggie Straws and 100% Apple Juice	Snack: Pretzels, Cube Cheese and water
Breakfast: Cream Of Wheat, Strawberries, and Milk	"National Apricot Day" Breakfast: English Muffins (WG) w/jelly, Apricots, and Milk	Breakfast: Cheese Grits, Mangoes and Milk	Breakfast: Apple 11 Cinnamon Cereal, Mixed Berries, Milk	"National 12 Curried Chicken Day" Breakfast: French Toast Sticks, Bananas and Milk
Lunch: Chicken Pasta (WG), Mix Vegetables, Peaches, and Milk	Lunch: Turkey Burger (WG Buns) Carrot Sticks, Pineapples, and Milk	Lunch: Cheese Pizza (WG), Fresh Mixed Salad, Apple Slices and Milk	Lunch: Turkey and Cheese Wraps (WG), Fresh Spinach, Fresh Sliced Oranges and Milk	Lunch: Curry Chicken, Brown Rice, Green Beans, Apple Slices and Milk
Snack: Cheez Its, 100% Orange Juice	Snack Wheat Wafers, Sliced Cheese and Water	Snack: Blueberry Muffins, 100% Apple Juice	Snack: WG Goldfish, Applesauce and water	Snack: Animal Crackers, Yogurt and water
15	Breakfast: Pancakes (WG), Sliced Apples, and Milk	Breakfast: WG Bagels 7 w/ Cream Cheese, Mangoes and Milk	Breakfast: Corn Puff Cereal, Mandarins, Milk	Breakfast: Waffles (WG), Blueberries and Milk
MLK, JR. DAY	Lunch: Baked Chicken Legs, (WG) Rolls, Mashed Potatoes, Peaches, and Milk	Lunch: Chicken Nuggets, (WG Rolls) Mixed Salad, Pineapples and Milk	Lunch: Turkey and Cheese Sandwich (WG), Carrot Sticks, Fresh Sliced Oranges, and milk	Lunch: Chicken Fajitas (WG Tortilla), Black Beans, Pears and Milk
THE WAS AND THE WAY	Snack: Graham Crackers, Blueberries and water	Snack: Wheat Crackers, 100% Berry Juice	Snack: Cheddar Chex Mix, 100 % Grape Juice	Snack: Turkey Slices, Ritz Crackers (WG) and water
Breakfast: Cheese Toast, (WG) Pineapples and Milk	Breakfast: Cheese Grits, Strawberries and Milk	Breakfast: Biscuits 24 (WG) w/jelly, Mixed Berries and Milk	Breakfast: Multigrain Cheerios Cereal (WG), Bananas, Milk	26 Breakfast: French Toast Sticks, Blueberries and Milk
Lunch: Chicken Parmesan, (WG) Penne Pasta, Mixed Veggies, Pears and Milk	Lunch: Turkey Chili, Red Beans, Brown Rice (WG), Sliced Peaches and Milk	Lunch: Turkey Tacos w/Cheese (WG Tortilla), Lettuce & Tomatoes, Mandarins and Milk	Lunch: Chicken Noodle Soup, Rolls (WG), Green Beans, Pears, Milk	Lunch: Teriyaki Chicken, Brown Rice, Veggie Melody, Apple Slices and Milk
Snack: Cheez It's, and 100% Grape Juice	Snack: Pretzels Cube Cheese and water	Snack: Apple Cinnamon Muffins, 100% Apple Juice	Snack: Strawberry Chex Mix, and Mixed Fruit	Snack: Animal Crackers, Yogurt and water
Breakfast: English Muffins (WG) with Jelly, Mixed Berries and Milk	"National 30 Croissant Day" Breakfast: Croissants, Mangoes and Milk	Breakfast: Cinnamon Oatmeal, Blueberries, and Milk		
Lunch: Chicken and Cheese Quesadillas, Spinach, Peaches and Milk	Lunch: Cheese Pizza (WG), Fresh Mixed Salad, Apple Slices and Milk	Lunch: Fish Sticks (WG Rolls) Mix Veggies, Pears, Milk		
Snack: Animal Crackers, 100% Orange Juice	Snack Wheat Wafers, Sliced Cheese and Water	Snack: Goldfish, 100% Berry Juice		