

January Menu 2018

snacks are served with 1% organic milk or 100% fruit juice

Day	Morning Snack	Afternoon Snack
HARVEST OF THE MONTH: TANGERINE		
Mon 1/1	School closed-Happy New Year!	School closed-Happy New Year!
Tues 1/2	Rice Chex Cereal & 1% organic milk	Multi-grain crackers and sunflower butter
Wed 1/3	Applesauce & graham crackers	Veggie Pasta with marinara sauce
Thur 1/4	Make It: Tangy Tangerine salad	CSA Surprise Day: Fresh fruits & veggies from CSA box w/dip
Fri 1/5	Oatmeal & cranberries	Egg salad and crackers
HARVEST OF THE WEEK: SPINACH		
Mon 1/8	Cheerios & 1% organic milk	Honey wheat pretzels and sliced cheese
Tues 1/9	Yogurt & berries	Multi-grain crackers and apple slices
Wed 1/10	Make it: Super Hero Spinach Foldovers	CSA Surprise Day: Fresh fruits & veggies from CSA box w/dip
Thur 1/11	Oatmeal & raisins	Veggie pasta & marinara sauce
Fri 1/12	Applesauce & string cheese	Vegetarian refried beans with cheese & corn tortilla chips
HARVEST OF THE WEEK: BANANA		
Mon 1/15	*** No School*** MLK Day***	*** No School*** MLK Day***
Tue 1/16	Low sugar cereal, banana & 1% organic milk	Crackers and sliced apples
Wed 1/17	Whole wheat tortilla & sunflower	Chicken nuggets & 1% organic milk
Thur 1/18	Make it! Banana Smoothies & hard boiled egg	CSA Surprise Day: Fresh fruits & veggies from CSA box w/dip
Fri 1/19	Trail mix with dried fruit	Vegetarian refried beans with cheese & tortilla chips
HARVEST OF THE WEEK: KALE		
Mon 1/22	Low sugar cereal & 1% organic milk	Pretzels and sliced cheese
Tues 1/23	Yogurt & berries	Cheese quesadillas on whole wheat tortillas
Wed 1/24	Make It! R&W Famous Kale Chips + 100% fruit juice	CSA Surprise Day: Fresh fruits & veggies from CSA box w/dip
Thu 1/25	Trail mix with dried fruit	Whole wheat macaroni & cheese
Fri 1/26	Graham cracker & sunbutter	Cheese and sliced apples

