



JANUARY

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Oatmeal Fruit Milk	7 Waffles Fruit Milk	8 Yogurt & Granola Fruit Milk	9 WW Toast Fruit Milk	10 Misc. Toast/Cereal Fruit Milk
Lentil & Veggie Stew Crackers Fruit Milk	Green Chile Chicken Enchiladas Calabacitas Fruit Milk	Baked Ziti Salad Fruit Milk	Frito Pie Corn Garnish Fruit Milk	WW Sun Butter & Jelly Sandwiches Veggies Fruit Milk
Chex Mix & Fruit	Goldfish & Fruit	Cinnamon Nachos & Fruit	Cucumbers & String Cheese	Leftover Fruit/Veg & Crackers
13 WW French Toast Fruit Milk	14 WG Cereal Fruit Milk	15 Smothered Hash Browns Fruit Milk	16 Breakfast Bake Fruit Milk	17 Misc. Toast/Cereal Fruit Milk
Veggie Spaghetti Parmesan Garlic Bread Fruit Milk	Beef Fajitas WW Tortillas Pinto Beans Salsa Fruit Milk	Veggie Stir Fry Brown Rice Tofu Fruit Milk	Lemon Pepper Chicken Mashed Potatoes Green Beans Fruit Milk	Pasta Salad Mozzarella Cherry Tomatoes Fruit Milk
Graham Crackers & Milk	Pub Mix & Fruit	Cheese-Itz & Fruit	Wheat Thins & Cream Cheese	Leftover Fruit/Veg & Crackers
20 Turkey & Cheese Sandwiches Fruit Milk	21 WW Toast Fruit Milk	22 WG Cereal Fruit Milk	23 Raisin Bread Fruit Milk	24 Misc. Toast/Cereal Fruit Milk
Quinoa Chili Cheese Carrots Crackers Fruit Milk	Shepherd's Pie Rolls Peas Fruit Milk	Spinach Lasagna Salad Fruit Milk	Tilapia Brown Rice Salad Fruit Milk	Been & Cheese Tostadas Garnish Fruit Milk
Pita Chips & Hummus	Ritz & Sun Butter	Cornbread & Milk	Club Crackers & Fruit	Leftover Fruit/Veg & Crackers
27 WW Pancakes Fruit Milk	28 WW Toast Fruit Milk	29 WG Cereal Fruit Milk	30 Bagels & Cream Cheese Fruit Milk	31 Misc. Toast/Cereal Fruit Milk
Veggie Linguine Mozzarella Fruit Milk	Black Bean, Br. Rice & Beef Burrito Bowls Garnish Sautéed Zucchini Fruit Milk	Veggie Chow Mein Noodles Tofu Fruit Milk	Chicken & Broccoli Bake w/ Br. Rice Carrots Fruit Milk	Hummus WW Pita Bread Cheese Cubes Veggies Fruit Milk
Pretzels & Fruit	Sun Butter & Jelly Roll- Ups	Bread Sticks & Marinara	Crackers & Fruit	Leftover Fruit/Veg & Crackers