

## Weekly Lunch Menus for the Month of January

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1 – Jan 3 – Jan 6</b>					
A.M. Snack		Fresh Fruit	Fresh fruit	Fresh Fruit	Fresh fruit
Lunch		Pea Soup served with rolls and cut up veggies with dip	Pork in sauce served with potatoes and veggie of the day	Turkey and cheese croissant sandwich served with veggie of the day	Fish filet served with rice and veggie of the day
P.M. Snack		Crackers and raisins	Muffins	Baked Snowman Treat	Homemade cookies
<b>Week 2 – Jan 9 – Jan 13</b>					
A.M. Snack	Fresh fruit	Yogurt	Fresh Fruit	Granola bars	Fresh fruit
Lunch	Beef hamburger served with potatoes and veggie of the day	Baked ham served with rice and veggie of the day	BBQ pork chop served with rice and veggie of the day	Spaghetti served with fresh bread	Meatball stew served with veggie of the day
P.M. Snack	Yogurt	Rice cakes and craisins	Bread Pudding	Muffins	Fruit Cake

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<b>Week 3 – Jan 16 – Jan 20</b>					
A.M. Snack	Fresh fruit	Fruit Salad	Fresh fruit	Raisin bread	Fresh fruit
Lunch	Beef hamburger and potatoes served with veggie	Eggs with cottage cheese	Mild Italian sausages served with pasta and veggie of the day	Sloppy Joes on garlic bread	Chicken Alfredo served with rice and veggie of the day
P.M. Snack	Yogurt	Cheese and popcorn	Muffins	Rice cakes and blueberries	Cookies
<b>Week 4 – Jan 23 - 27</b>					
A.M. Snack	Fresh fruit	Cereal with mild or yogurt	Fresh fruit	Applesauce and raisins	Fresh fruit
Lunch	Italian spaghetti served with bread and veggie of the day	Pasta with pork and veggies	Maple glazed ham served with potatoes and veggie of the day	Ham wraps and boiled eggs	Chicken pot pie with veggie of the day
P.M. Snack	Yogurt	Pudding	Fruit cake	Muffins	Cheese & cheese

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 5 – Jan 30 – Feb 3</b>					
A.M. Snack	Fresh fruit	Whole grain fruit bar	Raisin bran cereal with milk	Apples	Yogurt
Lunch	Beef strips with potatoes and veggie of the day	Soup served with harvest wheat baguettes and veggie of the day	Crepes with maple syrup and fresh fruit	Pasta with tomato sauce and veggie of the day	Pork tenderloin served with rice and steamed carrots
P.M. Snack	Apples	Bananas	Cheese and crackers	Rice cakes and raisins	Bits and Bites