

Snack and Lunch Menu – January 2019 (Decatur, Aurora & Roanoke)



Toddler 1s/Twaddlers (if on table food) – Schoolers (PM snack)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>A.M. Snack: Cheerios cereal (variety) & Danimal fruit smoothie</p> <p>Lunch: Chicken noodle soup with lots o' carrots, saltine crackers, grapes, milk *whole grain noodles are used</p> <p>P.M. Snack: Baked pretzel Goldfish, cheese cubes, water</p>	<p>8</p> <p>Bowl of Cinnamon Toast Crunch w/ milk & fruit</p> <p>Pepperoni and mozzarella crescent rolls, garden salad w/ carrot slivers & ranch dressing, fruit cocktail, milk</p> <p>Yummy fruit salad w/ marshmallows, water</p>	<p>9</p> <p>Mini pancakes, fresh blueberries/seasonal fruit & milk</p> <p>White meat chicken nuggets, mashed potatoes, cinnamon applesauce, milk</p> <p>Simply Cheetos Puffs (baked), water</p>	<p>10</p> <p>Cheesy toast, fresh fruit & milk</p> <p>Penne pasta w/ tomato sauce and meatballs, green beans, peaches, milk</p> <p>Animal crackers, pudding, water</p>	<p>11</p> <p>Quaker popped apple cinnamon rice crisps (whole grain), banana slices/fresh fruit & milk</p> <p>PB & J sandwich (SunButter used in place of peanut butter), carrot sticks w/ ranch, baked chips, fruit cocktail, milk</p> <p>Chefs Choice, mixed fruit, water</p>
<p>14</p> <p>French toast sticks, seasonal fruit & milk</p> <p>Chicken Spaghetti, steamed sweet peas & carrots, pineapple tidbits, milk</p> <p>Nilla wafers, yogurt (with no high fructose corn syrup), water</p>	<p>15</p> <p>Raisin bread/bagels (cream cheese offered), grapes & milk</p> <p>Beef corn dogs, baked beans, sweet corn, fruit cocktail, milk</p> <p>Veggie sticks, apple slices, water</p>	<p>16</p> <p>Honeycombs cereal, banana slices & milk</p> <p>Tater tot casserole, green beans, grapes, Ritz crackers, milk</p> <p>Ritz Bitz cheese crackers, raisins & water</p>	<p>17</p> <p>Nutri-Grain, fruit-filled cereal bar & milk</p> <p>Sausage combread bake, ranch-style beans, steamed peas, peaches, milk</p> <p>Graham crackers, Mott's Medleys fruit snacks (made w/real fruit & veggie juice) & water</p>	<p>18</p> <p>Fruit filled Kellogg's pastry crisps & 100% fruit juice</p> <p>Turkey and cheddar cheese rolls, salad w/ cucumbers & ranch dressing, fruit cocktail, milk</p> <p>Chefs choice, mixed fruit (from the week), water</p>
<p>21</p> <p>Jimmy Dean pancake and sausage on a stick</p> <p>White meat chicken nuggets, mashed sweet potatoes w/ marshmallows, fruit cocktail, milk</p> <p>Trail mix w/ Chex cereal, pretzels, marshmallows, raisins, and M&M'S, water</p>	<p>22</p> <p>Quaker popped apple cinnamon rice crisps (whole grain), banana slices/fresh fruit & milk</p> <p>Chicken and dumplings w/ peas & carrots, Club crackers, apple slices, milk</p> <p>Pepperoni slices w/ cheddar cheese cubes, water</p>	<p>23</p> <p>Kix cereal (variety) & Danimal fruit smoothie</p> <p>Beef and cheese quesadilla roll ups, refried beans, corn, tropical fruit, milk</p> <p>Yummy fruit salad w/ marshmallows, water</p>	<p>24</p> <p>Yummy biscuits w/ jelly, fresh fruit & milk</p> <p>Baked ham, mashed potatoes, fruit salad, Ritz crackers, milk</p> <p>Austin Cheese on Cheese crackers, water</p>	<p>25</p> <p>Fruity Cheerios, seasonal fruit & milk</p> <p>PB & J sandwich (SunButter used in place of peanut butter), carrot sticks w/ ranch, baked chips, fruit cocktail, milk</p> <p>Chefs choice, mixed fruit (from week), water</p>
<p>28</p> <p>Raisin bread/bagels (cream cheese offered), grapes & milk</p> <p>Beef corn dogs, baked beans, sweet corn, fruit cocktail, milk</p> <p>Animal crackers, pudding, water</p>	<p>29</p> <p>Cinnamon rolls w/ fresh fruit & milk</p> <p>Penne pasta w/ tomato sauce and meatballs, green beans, peaches, milk</p> <p>Baked pretzel Goldfish, cheese cubes, water</p>	<p>30</p> <p>Honeycombs cereal, banana slices/fresh fruit & milk</p> <p>Baked fish sticks, ranch-style beans, steamed peas, peaches, milk</p> <p>Veggie sticks, apple slices, water</p>	<p>31</p> <p>Cheesy toast, oranges & milk</p> <p>Sloppy joe sandwiches (100% whole wheat bread used), fruit salad, green beans, milk</p> <p>Oatmeal cookies, yogurt (no high fructose corn syrup), water</p>	<p>Feb. 1</p> <p>Fruit filled Kellogg's pastry crisps & 100% fruit juice</p> <p>Turkey and cheese tortilla roll ups, corn chips, celery sticks w/ ranch, tropical fruit, milk</p> <p>Chefs Choice, mixed fruit (from the week), water</p>

*Milk is offered with A.M. snack & served at lunch. Whole milk is served to children 2 years and younger; 1% milk is served to children 3 years and older.

**Fresh, seasonal fruit can be: fresh pineapple, fresh berries, watermelon, kiwi, peaches, mango, etc.

***In order to be less wasteful, "Chef's choice!" on Fridays is defined as "left over" A.M. or P.M. snacks from the current week (defined on posted menu)