



JANUARY

nutrispatm
Say yes to delicious meals

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST: Fruit & Juice Cereal Milk	BREAKFAST: Fruit & Juice Bagel w/ cream cheese and Milk	BREAKFAST: Fruit & Juice Biscuit w/ jelly Milk	BREAKFAST: Fruit & Juice Pancake w/ syrup Milk	BREAKFAST: Fruit & Juice Scrambled Egg Sliced Bread Milk	BREAKFAST: Fruit & Juice Scrambled Egg Sliced Bread Milk
LUNCH: Ropa Vieja e Pollo Flour Tortilla Refried Beans Corn Fruit Milk	LUNCH: Arroz Con Pollo Criollo w/ Corn Broccoli Fruit Milk	LUNCH: Empanada Moro Rice Mixed Green Salad w/ Dressing Fruit and Milk	LUNCH: Our Famous Meatballs Marinara Sun Bun Corn Fruit and Milk	LUNCH: Pizza Steam Carrots Fruit and Milk	LUNCH: Trix Cereal and Milk
SNACK Honey Oat Crackers and Milk	SNACK: Cheez-it and Juice	SNACK: President Crackers and Cheese String	SNACK: Chips and Juice		
BREAKFAST: Fruit & Juice Cereal And Milk	BREAKFAST: Fruit & Juice Cinnamon Bread w/ Butter Milk	BREAKFAST: Fruit & Juice Pancake w/ syrup Milk	BREAKFAST: Fruit & Juice Cheese Slice English Muffin w/ butter Milk	BREAKFAST: Fruit & Juice Cold Broccoli w/ Dressing Garlic Bread Fruit and Milk	BREAKFAST: Fruit & Juice Chicken Tender & Roll Salad w/dressing Steamed Baby Carrots Fruit and Milk
LUNCH: Chicken Parmesan Sandwich w/ Sliced Bun Steam Carrots Fruit and Milk	LUNCH: Special Turkey Taco Nacho Chips Refried Beans Lettuce Fruit and Milk	LUNCH: Beefaroni Cold Broccoli w/ Dressing Garlic Bread Fruit and Milk	LUNCH: Goldfish Crackers and Juice		
SNACK: Pizza Bites and Apple Slice Pack	SNACK: Teddy Graham Crackers and Milk	SNACK: Pretzel and Cubed Cheese			Teacher Planning Day





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19

BREAKFAST:

Fruit & Juice
Cereal
Milk

LUNCH:

Cheeseburger w/ ketchup
Hamburger Bun
Sliced Carrots
Fruit and Milk

SNACK:

Scooby Doo Crackers and White Milk

20

BREAKFAST:

Fruit & Juice
Waffle w/ syrup
Milk

LUNCH:

Lasagna in Bolognese sauce
Broccoli
Corn
Garlic Bread
Fruit and Milk

SNACK:

Crackers & Cubed Cheese

21

BREAKFAST:

Fruit & Juice
Sliced Bread
Scrambled Egg and Milk

LUNCH:

Meat Balls in Marinara
Brown Rice
Peas and Carrots
Fruit and Milk

SNACK:

Churro Crackers and White Milk

22

BREAKFAST:

Fruit & Juice
Pancake w/ syrup
Milk

LUNCH:

Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:

Chips and Juice

23

BREAKFAST:

Fruit & Juice
Cereal
Milk

26

BREAKFAST:

Fruit & Juice
Biscuit w/butter & jelly
Milk

LUNCH:

Mac & Cheese
Mixed Green Salad w/ Dressing
Fruit
Milk

SNACK:

Pretzels and Juice

27

BREAKFAST:

Fruit & Juice
Frittata
Sliced Bread
Milk

LUNCH:

Roasted Chicken
Brown Rice
Red Beans
Steamed Carrots
Fruit & Milk

SNACK:

Goldfish Crackers and Milk

28

BREAKFAST:

Fruit & Juice
Waffle w/ syrup
Milk

LUNCH:

Cheeseburger
Bun
Mixed Vegetables
Fruit and Milk

SNACK:

Chips and Juice

29

BREAKFAST:

Fruit and Juice
Pancake w/ syrup
Milk

30

LUNCH:

Pizza
Corn
Fruit and Milk

SNACK:

Veggie Crackers and Yogurt

