

January 1 - January 29

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				HAPPY NEW YEAR
4 Mandarin Orange Cup-1/2 c. 100% Apple Juice-4 oz. W/G Alphabets Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	5 Fresh Apple-1 W/G Raspberry Muffin-2 oz. W/G Honey Scooters Cereal-1 oz. Milk-8 oz.	6 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. Superdonut-3 oz. Milk-8 oz.	7 Fresh Orange-1 W/G Strawberry Shredded Wheat Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	8 Diced Pear Cup-1/2 c. 100% Grape Punch-4 oz. W/G Honey Graham Toasters Ctl-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
11 Diced Peach Cup-1/2 c. 100% Orange/Tang/Juice-4 oz. Cinnamon Frosted Flakes Ctl-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	12 Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Rice Chex Cereal-1 oz. W/G Lemon Muffin-2 oz. Milk-8 oz.	13 Fresh Apple-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	14 Fresh Orange-1 W/G Cinn. Toasters Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	15 Golden Apple-1 W/G Multigrain Cheerios-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.
18 NO SCHOOL	19 Mixed Fruit Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Raisin Bran Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	20 Fresh Apple-1 Honey Scooters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	21 Fresh Orange-1 W/G Superdonut-2 oz. Milk-8 oz.	22 Strawberry Applesauce Cup-1/2 c. 100% Orange/Tang. Juice-4 oz. W/G Alphabets Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.
25 Fresh Apple-1 W/G Strawberry Pop Tart-2 Milk-8 oz.	26 Mandarin Orange Cup-1/2 c. 100% Orange/Tang/Juice-4 oz. W/G Blueberry Muffin-2 oz. W/G Cinn. Toasters Cereal-1 oz. Milk-8 oz.	27 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	28 Fresh Apple-1 W/G Apple Jacks Cereal-1 oz. W/G Strawberry Waffle Grahams-2 Milk-8 oz.	29 Fresh Orange-1 W/G Multigrain Cheerios-1 oz. W/G Corn Muffin-2 oz. Milk-8 oz.

RED BANK CHARTER SCHOOL

JANURY

Pre-K Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
4 Raisins Choc Teddy Grams	5 Oatmeal Cookies Goldfish	6 Veggie Straws Trail Mix	7 Go-Gurts Alphabet Cookies	8 Cheese Sticks Hummus with Pretzels
11 Animal Crackers Chewy Granola Bars	12 Cheez-it Craisins	13 Fruit Snacks Graham Crackers	14 Choc Teddy Grams Goldfish	15 Trail Mix Oatmeal Cookies
18 NO SCHOOL	19 Hummus with Pretzels Go-Gurts	20 Alphabet Cookies Raisins	21 Fruit Snacks Veggie Straws	22 Chewy Granola Bars Cheese Sticks
25 Animal Crackers Trail Mix	26 Craisins Fruit Snacks	27 Oatmeal Cookies Choc Teddy Grams	28 Cheese Sticks Cheez-it	29 Graham Crackers Go-Gurts

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				HAPPY NEW YEAR
4 Turkey Ham and Swiss Cheese on whole Grain Bread-1 Fresh Broccoli with Dip-3/4c Fresh Orange-1 Milk-8oz	5 Beef Bologna and Cheese on a Wheat Kaiser Roll-1 Celery Sticks W/Dip-3/4c Applesauce Cup-1/2c Milk-8oz	6 BREAKFAST FOR LUNCH French Toast Sticks-3 Beef Sausage Links-3 oz. Fresh Baby Carrots w/ Dip-1 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	7 Sun Butter and Jelly Unrustable on Whole Grain Bread-1 Apple Juice-4oz Jello Cup-1 Milk-8oz	8 Chicken Fingers-3 Seasoned Diced Potatoes-3/4 c. Whole Grain Bread Cherry Craisins-1/2 c. Milk-8 oz.
11 Strawberry Yogurt Cup-4oz Cheddar Cheese Stick-1oz Mixed Fruit Cup-1/2c Grape Juice-4oz Whole Grain Animal Crackers-1 Milk-8 oz.	12 Turkey and Cheese on a Whole Grain Roll-1 Fresh Carrots W/ Dip-3/4c Fresh Apple-1 Milk-8 oz.	13 Beef Taco's with Shredded Cheddar Cheese-2 Beans Salad Cup-3/4c 6" Flour Tortilla-2 Diced Pear Cup-1/2 c. Milk-8 oz.	14 Slice Chicken and Cheese on a Whole Wheat Roll-1 Orange Juice-4oz Mandarin Orange Cup-1/2c Milk-8 oz.	15 3x5 Pizza Slice-2 Slices Tomato Cup W/Dressing-3/4c Applesauce Cup-1/2 c. Milk-8 oz.
18 NO SCHOOL	19 Chicken Salad on a Potato Roll-1 Fruit Punch-4oz Banana-1 Milk-8oz	20 Swedish Turkey Meatballs with Gravy-3 oz. Seasoned Diced Potatoes-3/4 c Rasp. Lemonade Craisins-1/2 c Whole Wheat Dinner Roll Milk-8 oz.	21 All Beef Italian Sub-1 Beef Bologna Beef Salami and Cheese Grape Juice-4oz Pudding -1/2c Milk-8oz	22 Macaroni and Cheese-1c Romaine Salad w/ Dressing-1 1/2 c. Whole Grain Bread Mandarin Orange Cup-1/2 c. Milk-8 oz.
25 Hummus Cup-2oz Mini Pretzels-1 Blueberry Yogurt-4oz Applesauce Cup-1/2 c. Milk-8 oz.	26 Beef Salami on a Kaiser Roll-1 Strawberry Kiwi Juice-4oz Fresh Apple-1 Milk-8 oz.	27 Chicken Taco's with Shredded Cheddar Cheese-2oz W/G Flour Tortilla-2 Corn-3/4c Fresh Banana-1 Milk-8oz	28 Turkey Breast on Potato Bun-1 Fresh Carrots W/Dip 3/4c Jello Cup-1 Milk-8 oz.	29 3x5 Pizza Slice-2 Slices Sliced Cucumber W/Dip 3/4c Diced Peach Cup-1/2c Milk-8oz