

January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3. AM Gold Fish/apple sauce PM Nilla Wafers/milk LPU Club crackers/apple juice	4. AM Cheez its/cheese cubes PM Ritz/milk LPU Pretzels/apple juice	5. AM Cheese sticks/Pretzels PM Pepperoni/ milk LPU Pita chips/ apple juice	6. AM Bananas/ milk PM Cheerios/salami LPU Chex mix/apple juice	7. AM Turkey/Ritz PM Pretzels/ Humus LPU Cheese sticks/ apple juice
10. AM Oranges/milk PM Salami/Cheez its LPU Cheerios/apple juice	11. AM Ritz/cheese cubes PM Nilla Wafers/milk LPU Cucumbers/ apple juice	12. AM Pita/Humus PM Graham crackers/milk LPU Pretzels/apple juice	13. AM Ritz/pepperoni PM Cheese cubes/club crackers LPU Nilla Wafers/apple Juice	14. AM Cheerios/milk PM Graham Crackers/Apple sauce LPU Gold Fish/apple juice
17. No School	18. AM Turkey/Ritz PM Cucumbers/ranch/milk LPU Snap peas/apple juice	19. AM Bananas/Nilla Wafers PM Tortillas/Salami LPU Gold Fish/apple juice	20. AM Pepperoni/Ritz PM Cheez its/ milk LPU Graham crackers/apple juice	21. No School
24. AM Pretzels/milk PM Graham crackers/apple sauce LPU Cheez its/milk	25. AM Cheese Sticks/Club crackers PM Celery/Hummus LPU Gold Fish/Apple juice	26. AM Nilla Wafers/Milk PM Turkey/milk LPU Cucumbers/Apple juice	27. AM Cheerios/milk PM Gold fish/Cheese cubes LPU Pita/ Apple juice	28. AM Pretzels/Turkey PM Club Crackers/milk LPU Pepperoni/milk
31. AM Cheez its/ milk PM Salami/Ritz LPU Gold Fish/apple juice				<p>*1% Milk is served*</p> <p>*100% Apple Juice is served*</p> <p>Cereal Options: Cheerios, Chex Mix, Multi Grain Cheerios</p>

Items containing **Wheat** Ritz, Nilla Wafers, Goldfish, Graham Crackers, Pita, Cheez Its and Club Crackers

Items containing **Dairy** Cheese Cubes, Cheese Stick, Milk, Cheez Its, Nilla Wafers and Goldfish

Items containing **Eggs** Nilla Wafers

Items containing **High Fructose Corn Syrup** Club Crackers, Nilla Wafers, Ritz and Pears

Items containing **Soy** Cheez Its, Club Crackers, Graham Crackers, Nilla Wafers and Ritz