

January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2. No School	3. AM Graham cracker/ Milk PM Cereal*/ Milk LPU Goldfish*/ Apple Juice	4. AM Pretzels/ Cheese Stick PM Goldfish/ Milk LPU Saltines*/ Apple Juice	5. AM Ritz*/Salami PM Banana chips/ Nilla Wafers LPU Cereal* / Apple Juice	6. AM Saltines*/ Milk PM Graham Cracker/ Milk LPU Cheese Stick / Apple Juice
9. AM Tortilla*/ Turkey PM Applesauce/Graham Crackers LPU Triscuits*/ Apple Juice	10. AM Cereal* milk PM Graham cracker/ Milk LPU Goldfish/ Apple Juice	11. AM Goldfish/ Milk PM Pretzels/ Cheese Stick LPU Saltines*/ Apple Juice	12. AM Banana chips/ Nilla Wafers PM Ritz*/Salami LPU Cereal*/ Apple Juice	13. AM Graham Cracker/ Milk PM Saltines*/ Milk LPU Cheese stick/ Apple Juice
16. No School	17. AM Applesauce/ Graham Cracker PM Tortilla*/ Turkey LPU Cereal*/ Apple Juice	18. AM Wheat Thins*/ Cheese Stick PM Carrots/ Hummus LPU Ritz*/ Apple Juice	19. AM Triscuits*/ Salami PM Nilla Wafers/ Milk LPU Graham Cracker/ Apple Juice	20. AM Pretzels/ Hummus PM Graham cracker/ Milk LPU Wheat Thins/ Apple Juice
23. AM Tortilla*/ Turkey PM Applesauce/Graham Crackers LPU Cereal*/ Apple Juice	24. AM Carrots/ Hummus PM Wheat Thins*/ Cheese Stick LPU Ritz*/ Apple Juice	25. AM Nilla Wafers/ Milk PM Triscuits*/ Salami LPU Graham Cracker/ Apple Juice	26. AM Graham cracker/ Milk PM Pretzels/ Hummus LPU Wheat Thins/ Apple Juice	27. No School
30. AM Graham cracker/ Milk PM Cereal*/ Milk LPU Goldfish*/ Apple Juice	31. AM Pretzels/ Cheese Stick PM Goldfish/ Milk LPU Saltines*/ Apple Juice			*Whole grain Cereal Options: Cheerios & Multi Grain Cheerios 1% Milk is served 100% Apple Juice is served

Items containing **Wheat** Whole Wheat Ritz*, Whole Grain Saltines*, Nilla Wafers, Goldfish, Graham Crackers, Whole Wheat Tortilla*, Triscuit*, & Wheat Thins*

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

Items containing **Eggs** Nilla Wafers

Items containing **High Fructose Corn Syrup** Nilla Wafers & Whole Wheat Ritz

Items containing **Soy** Whole Wheat Ritz, Nilla Wafers and Graham Crackers