




JANUARY 2024 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 1 cup 1% milk 1 ww english muffin 1 boiled egg ½ cup strawberries 1 cup orange juice	3 1 cup 1% milk 1 ½ cup raisin bran cereal ½ cup peaches ½ cup cottage cheese 1 cup apple juice	4 1 cup 1% milk 2 sl cheese ww toast 6 oz blueberry yogurt ½ cup apple sauce 1 cup pineapple juice	5 1 cup 1% milk 1 scrambled egg 2 wg/ waffles w/ syrup ½ cup pears 1 cup orange juice
6 1 cup 1% milk 1 cup oatmeal/ w raisins ½ cup pears 1 cup grape juice 6 oz peach yogurt	9 1 cup 1% milk 1 WW english muffin 1 boiled egg ½ cup strawberries 1 cup orange juice	10 1 cup 1% milk 1 ½ cup raisin bran cereal ½ cup peaches ½ cup cottage cheese 1 cup apple juice	11 1 cup 1% milk 2 sl cheese ww toast 6 oz blueberry yogurt ½ cup apple sauce 1 cup pineapple juice	12 1 cup 1% milk 1 scrambled egg 2 wg/ waffles w/ syrup ½ cup pears 1 cup orange juice
15 	16 1 cup 1% milk 1 ww english muffin 1 boiled egg ½ cup strawberries 1 cup orange juice	17 1 cup 1% milk 1 ½ cup raisin bran cereal ½ cup peaches ½ cup cottage cheese 1 cup apple juice	18 1 cup 1% milk 2 sl cheese ww toast 6 oz blueberry yogurt ½ cup apple sauce 1 cup pineapple juice	19 1 cup 1% milk 1 scrambled egg 2 wg/ waffles w/ syrup ½ cup pears 1 cup orange juice
22 1 cup 1% milk 1 cup oatmeal/ w raisins ½ cup pears 1 cup grape juice 6 oz peach yogurt	23 1 cup 1% milk 1 ww english muffin 1 boiled egg ½ cup strawberries 1 cup orange juice	24 1 cup 1% milk 1 ½ cup raisin bran cereal ½ cup peaches ½ cup cottage cheese 1 cup apple juice	25 1 cup 1% milk 2 sl cheese ww toast 6 oz blueberry yogurt ½ cup apple sauce 1 cup pineapple juice	26 1 cup 1% milk 1 scrambled egg 2 wg/ waffles w/ syrup ½ cup pears 1 cup orange juice
29 1 cup 1% milk 1 cup oatmeal/ w raisins ½ cup pears 1 cup grape juice 6 oz peach yogurt	30 1 cup 1% milk 1 ww english muffin 1 boiled egg ½ cup strawberries 1 cup orange juice	31 1 cup 1% milk 1 ½ cup raisin bran cereal ½ cup peaches ½ cup cottage cheese 1 cup apple juice		**Bread and Cereal are offered daily** **Menus are subject to change** ** whole grain/ wg ** whole wheat/ ww

JANUARY 2024 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed 	2 ½ cup peaches ½ cup cottage cheese	3 5 ww ritz crackers 1 sl cheese ½ cup apple juice	4 1 cup 1% milk 8 graham crackers	5 1 cup 1% milk 1 nutri-grain bar
8 1 cup milk 4 peanut butter crackers	9 ½ cup peaches ½ cup cottage cheese	10 5 ww ritz crackers 1 sl cheese ½ cup apple juice	11 1 cup 1% milk 8 graham crackers	12 1 cup 1% milk 1 nutri-grain bar
15 Center Closed 	16 ½ cup peaches ½ cup cottage cheese	17 5 ww ritz crackers 1 sl cheese ½ cup apple juice	18 1 cup 1% milk 8 graham crackers	19 1 cup 1% milk 1 nutri-grain bar
22 1 cup milk 4 peanut butter crackers	23 ½ cup peaches ½ cup cottage cheese	24 5 ww ritz crackers 1 sl cheese ½ cup apple juice	25 1 cup 1% milk 8 graham crackers	26 1 cup 1% milk 1 nutri-grain bar
29 1 cup milk 4 peanut butter crackers	30 ½ cup peaches ½ cup cottage cheese	31 5 ww ritz cracker 1 sl cheese ½ cup apple juice	**Substitutes are available for special diets 	**Menus are subject to change** ** whole wheat/ ww ** whole grain/ wg