

January Menu - Ft. Myers

	Breakfast	Lunch	3:30 Snack
Tuesday, 1/2	Blueberry Muffin, Apples & Milk	Turkey Chili w/Rice, Pineapple & Milk	Cheese Cubes & Snack Mix
Wednesday, 1/3	Waffles, Applesauce & Milk	Pot Roast w/Noodles & Vegetables, Mandarin Oranges & Milk	Raisins & Veggie Straws (Todds—Go-GURT)
Thursday, 1/4	Cereal, Peaches & Milk	Chicken Nuggets, Tater Tots, Pineapple & Milk	Fresh Fruit & Gold Fish Crackers
Friday, 1/5	French Toast, Pears & Milk	Taco Quesadilla, Green Beans, Mixed Fruit & Milk	Sliced Apples & Snack Mix
Monday, 1/8	Biscuit, Apples & Milk	Spaghetti w/Meat Sauce, Butter Peas, Peaches & Milk	Sliced Oranges & Animal Crackers
Tuesday, 1/9	Banana Muffin, Mixed Fruit & Milk	Grilled Cheese Sandwich, Broccoli, Pears & Milk	Vanilla Yogurt & Pretzels
Wednesday, 1/10	Cereal, Peaches & Milk	Chicken Spaghetti, Peas, Apples & Milk	Fresh Fruit & Whole Wheat Crackers
Thursday, 1/11	Cereal, Applesauce & Milk	Chicken Nuggets, Green Beans, Mashed Potatoes, Peaches & Milk	Rice Cereal w/ Craisins (Todds—Go-GURT)
Friday, 1/12	Cheese Biscuits, Apples & Milk	Turkey Chili w/ Rice, Mandarin Oranges & Milk	Banana & Whole Grain Cheerios
Monday, 1/15		Closed - Martin Luther King	
Tuesday, 1/16	Blueberry Muffin, Banana & Milk	Tex-Mex Chicken & Rice, Pineapple & Milk	Cheese Cubes & Snack Mix
Wednesday, 1/17	Pancakes, Applesauce & Milk	Pot Roast, Mashed Potatoes, Mandarin Oranges & Milk	Sliced Oranges & Animal Crackers
Thursday, 1/18	Cereal, Pears & Milk	Chicken and Sausage Paella, Butter Peas, Apples & Milk	Fresh Fruit & Pretzels
Friday, 1/19	Biscuit, Peaches & Milk	Turkey & Cheese Sandwich, Green Beans, Mixed Fruit & Milk	Raisins & Veggie Straws (Todds—Go-GURT)
Monday, 1/22	French Toast, Pineapple & Milk	Meatballs w/ Brown Rice, Butter Peas, Mandarin Oranges & Milk	Apple Slices & Gold Fish Crackers
Tuesday, 1/23	Cereal, Peaches & Milk	Sloppy Joe's, Peas, Pears & Milk	Cheese Cubes & Snack Mix
Wednesday, 1/24	Chef's Choice	Chef's Choice	Chef's Choice
Thursday, 1/25	Pancakes, Mixed Fruit & Milk	Whole Wheat Cheese Quesadillas, Peas and Carrots, Apples & Milk	Rice Cereal w/ Craisins (Todds—Go-GURT)
Friday, 1/26	Cheese Biscuits, Apples & Milk	Chicken Nuggets, Green Beans, Pineapple & Milk	Fresh Fruit & Gold Fish
Monday, 1/29	Pancakes, Mandarin Oranges & Milk	BBQ Chicken Sliders, Broccoli, Pears & Milk	Banana & Whole Grain Cheerios
Tuesday, 1/30	Waffles, Peaches & Milk	Tex-Mex Chicken & Rice, Apples & Milk	Raisins & Veggie Straws (Todds—Go-GURT)
Wednesday, 1/31	Banana Muffin, Mixed Fruit & Milk	Grilled Cheese Sandwich, Green Beans, Pears & Milk	Vanilla Yogurt & Pretzels
Thursday, 2/1	Cheese Biscuit, Fruit & Milk	Spaghetti w/Meatballs, Broccoli, Peaches & Milk	Applesauce & Chex Mix
Friday, 2/2	Blueberry Muffin, Banana & Milk	Chicken Pilaf, Peas, Pineapple & Milk	Cheese & Whole Wheat Crackers



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