

# weekly menu

January 18<sup>th</sup> - January 22<sup>nd</sup>

	Breakfast	Lunch	Snack
Monday	Banana Oatmeal Served with fresh fruit, and milk.	Penne Marinara Served with salad/steamed veggies and water.	Monster Trail Mix Served with fresh vegetables and Milk
Tuesday	Cinnamon Raisin Toast Served with fresh fruit, and milk.	Baked Chicken Served with black beans salad/steamed veggies and water.	Cinnamon Pita Served with fresh vegetables and Milk
Wednesday	Vanilla Flapjacks Served with fresh fruit, and milk.	Macaroni and Cheese Served with salad/steamed veggies and water.	Lemon Loaf Served with fresh vegetables and Milk
Thursday	Cereal Served with fresh fruit, and milk.	Meatloaf Served with rice salad/steamed veggies and water.	Yogurt and Arrowroot Served with fresh vegetables and Milk
Friday	Rise and Shine Turkey Hash Served with fresh fruit, and milk.	Spanish Rice Served with salad/steamed veggies and water.	Cinnamon Pita Served with fresh Vegetables and milk

