

Happy Day Menu Plan for January

Meals are served in a 4-week rotation.

Children 12 months-23 months: Whole Milk / Children 2 years+: 1% Milk

WEEK 1

	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
BREAKFAST	CLOSED	Pancakes	WG Oatmeal	Waffles	WG Berry Kix Cereal
		Banana	Apples	Applesauce	Banana
		Milk	Milk	Milk	Milk
LUNCH		Little BBQ Turkey Dogs	Chicken Strips	Beef Chili	Ham & Cheese Sand
		WG Wheat Thins	Rolls	Ritz Crackers	Bread
		Green Beans	Broccoli & Cheese	Tater Tots	Corn
		Mandarine Oranges	Pears	Mixed Fruit	Peaches
		Milk	Milk	Milk	Milk
SNACK		Carrots w Ranch	Cottage Cheese	WG SunChips	Graham Crackers
		Pineapple	Pretzels	Grapes	Milk

WEEK 3

	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
BREAKFAST	CLOSED	Pancakes	WG Oatmeal	Waffles	WG Berry Kix Cereal
		Oranges	Peaches	Banana	Pineapple
		Milk	Milk	Milk	Milk
LUNCH		Cheese Burger	Tyson Fun Nuggets	Macaroni & Cheese	Turkey Dog
		WG Wheat Thins	Rolls	Ham	Bun
		Corn	Carrots	Baked Beans	Carrots
		Banana	Apples	Peaches	Blueberries
		Milk	Milk	Milk	Milk
SNACK		Graham Crackers	Cheese It/Milk	WG Triscuits & Jam	Cheese Sticks
		Milk	Milk	Milk	Grapes

WEEK 2

	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
BREAKFAST	WG Kix Cereal	Pancakes	WG Oatmeal	Waffles	WG Berry Kix Cereal
	Oranges	Apples	Peaches	Banana	Peaches
	Milk	Milk	Milk	Milk	Milk
LUNCH	Ham & Cheese	Meatballs	Eggs and Sausage	Sloppy Joes	Ham & Cheese Pinwheels
	WG Wheat Thins	Breadsticks	Tortilla	Slider Bun	Tortilla
	Corn	Green Beans	Broccoli & Cheese	Corn	Carrots
	Banana	Pineapple	Pears	Peaches	Strawberries
	Milk	Milk	Milk	Milk	Milk
SNACK	Graham Crackers	Chobani Tubes	Pretzels	Cheese Cubes	Animal Crackers
	Milk	WG Granola	Peanut Butter	WG Wheat Thins	Milk

WEEK 4

	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
BREAKFAST	WG Kix Cereal	Pancakes	WG Oatmeal	Waffles	WG Berry Kix Cereal
	Pineapple	Peaches	Banana	Pears	Mixed Fruit
	Milk	Milk	Milk	Milk	Milk
LUNCH	PBJ Sandwich	Chicken Patties	Spaghetti	HM Hamburger Tacos	Ham & Cheese Pinwheels
	Cheese Stick	WG Wheat Thins	Meat Sauce	Taco Boats	Tortilla
	Cucumber	Green Beans	Corn	Lettuce	Carrots
	Mandarine Oranges	Pineapple	Peaches	Banana	Strawberries
	Milk	Milk	Milk	Milk	Milk
SNACK	Salsa	Gold Fish Crackers	Cheese Sticks	Chobani Tubes	Peanut Butter
	Tortilla Chips	Milk	Pineapple	WG Granola	Apples

WEEK 5

	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
BREAKFAST	WG Kix Cereal	Pancakes	WG Oatmeal	Waffles	WG Berry Kix Cereal
	Pears	Banana	Apples	Applesauce	Banana
	Milk	Milk	Milk	Milk	Milk
LUNCH	PBJ Sandwich	Little BBQ Turkey Dogs	Chicken Strips	Beef Chili	Ham & Cheese Sand
	Mozzarella Stick	WG Wheat Thins	Rolls	Ritz Crackers	Bread
	Carrots	Green Beans	Broccoli & Cheese	Tater Tots	Corn
	Apple Sauce	Mandarine Oranges	Pears	Mixed Fruit	Peaches
	Milk	Milk	Milk	Milk	Milk
SNACK	Peaches	Carrots w Ranch	Cottage Cheese	WG SunChips	Graham Crackers
	Cheese Cubes	Pineapple	Pretzels	Grapes	Milk

Whole Grain

Hot Meal