

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/3-*Tuna Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% White Milk (8oz)	1/4-BBQ Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Potato Salad (2/3c) ½ Fresh Orange (1/4c) WG Tortilla (28g) 1% White Milk (8oz)	1/5-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Applesauce (1/4c) WG Tortilla (28g) 1% Milk (8oz)	1/6-*Beef Pepperoni (2oz) Cheese (1oz) Mixed Green Salad with Shredded Carrots (1c) LF French Dressing Peaches (1/4c) WG Cornbread (34g) 1% Milk (8oz)	1/7-*Beef Bologna & Cheese (3oz) on Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
1/10-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk (8oz)	1/11-Buffalo Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Potato Salad (2/3c) Tropical Fruit Cocktail (1/4c) WG Tortilla (28g) 1% Milk (8oz)	1/12-*Turkey (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Pineapple (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	1/13-Cheese Cubes (1oz) Sunflower Kernels (1oz) Mixed Green Salad with Shredded Carrots (1c) LF French Dressing Raisins (1.3oz-1.5oz =1/4c) WG Crackers (22g) 1% Milk (8oz)	1/14-*Beef Pepperoni & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
1/17-*Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Tropical Fruit Cocktail (1/4c) WG Crackers (22g) 1% Milk (8oz)	1/18-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	1/19-*Turkey (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	1/20-*Beef Pepperoni (2oz) Cheese (1oz) Mayonnaise & Mustard Packet Cucumber Slices (1/2c) LF French Dressing Pears (1/4c) WG Cornbread (34g) 1% Milk (8oz)	1/21-*Turkey & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
1/24-*Tuna Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% White Milk (8oz)	1/25-BBQ Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Potato Salad (2/3c) ½ Fresh Orange (1/4c) WG Tortilla (28g) 1% White Milk (8oz)	1/26-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Applesauce (1/4c) WG Tortilla (28g) 1% Milk (8oz)	1/27-*Beef Pepperoni (2oz) Cheese (1oz) Mixed Green Salad with Shredded Carrots (1c) LF French Dressing Peaches (1/4c) WG Cornbread (34g) 1% Milk (8oz)	1/28-*Beef Bologna & Cheese (3oz) on Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
1/31-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk (8oz)	2/1-Buffalo Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Potato Salad (2/3c) Tropical Fruit Cocktail (1/4c) WG Tortilla (28g) 1% Milk (8oz)	2/2-*Turkey (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Pineapple (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	2/3-Cheese Cubes (1oz) Sunflower Kernels (1oz) Mixed Green Salad with Shredded Carrots (1c) LF French Dressing Raisins (1.3oz-1.5oz =1/4c) WG Crackers (22g) 1% Milk (8oz)	2/4-*Beef Pepperoni & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)