



## January 2019



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1.  Closed	2. Crackers, Cheese Stick, Water  Salisbury Steak, Green Beans, Peaches, Milk  Carrots, Hummus, Water	3. Graham Crackers, Applesauce, Water  Sausage, Hash Browns, Pears, Milk  Vanilla Wafers, Pudding, Water	4. Bagels, Cream Cheese, Water  Chicken & Rice, Diced Carrots, Pineapple, Milk  Scooby Snacks, Bananas, Water
7. Animal Crackers, Raisins, Water  Mac & Cheese, Pears, Pineapple, Milk  Cheese Its, Juice	8. Munchies, Applesauce, Water  Beef & Cheese Nachos, Corn, Pears, Milk  Pretzels, Cheese Sticks, Water	9. Crackers, Cottage Cheese, Water  Turkey Wraps, Peas, Tropical Fruit, Milk  Celery Sticks, Wow Butter, Water	10. Toasted Oats, Raisins, Water  Egg Sandwich, Veggies, Peaches, Milk  House Snack Mix, Juice	11. English Muffin, Jelly, Water  Ravioli, Corn, Pineapple, Milk  Scooby Snacks, Apple, Water
14. Goldfish, Craisins, Water  Chicken & Dumplings, Green Beans, Pears, Water  Animal Crackers, Pudding, Water	15. Scooby Snacks, Applesauce, Water  Beef Quesadilla, Corn, Tropical Fruit, Corn, Milk  Cheese Its, Raisins, Water	16. Graham Crackers, Wow Butter, Water  Ham Wraps, Peas, Pineapple, Milk  Carrots, Hummus, Water	17. Animal Crackers, Raisins, Water  Sausage, Pancakes, Peaches, Applesauce, Milk  Chex Mix, Juice	18. Crackers, Cottage Cheese, Water  Meatballs w/ Red Sauce, Lima Beans, Pears, Milk  Pretzels, Pineapple, Water
21. Scooby Snacks, Cheese Sticks, Water  Chicken Nuggets, Peas, Tropical Fruit, Milk  Graham Crackers, Pudding, Water	22. Munchies, Applesauce, Water  Soft Shell Beef Taco, Corn, Pineapple, Milk  Crackers, Tropical Fruit, Water	23. Berry Parfait, Water  Tomato Soup, Cheese Wraps, Pears, Milk  Celery Sticks, Wow Butter, Water	24. Toaster Oats, Craisins, Water  Sausage, English Muffins, Applesauce, Banana, Milk  Cheese Its, Juice	25. Bagels, Cream Cheese, Water  Egg Rolls, Green Beans, Pineapple, Milk  Scooby Snacks, Pudding, Water
28. Goldfish, Raisins, Water  Chili Mac, Peas, Peaches, Milk  Animal Crackers, Apples, Water	29. Graham Crackers, Wow Butter, Water  Soft Shell Chicken Tacos, Corn, Pears, Milk  House Snack Mix, Juice	30. Crackers, Cheese Sticks, Water  Bologna Sandwich, Baked Beans, Apples, Milk  Carrots, Hummus, Water	<p style="text-align: center;"><b><u>Substitutes for EPS 4 and Under</u></b></p> <p style="text-align: center;"><b>Craisins/Raisins</b>-Juice, Fruit or Cheese Stick/Slices  <b>Chex Mix/House Mix/Pretzels</b>-Graham Crackers or Animal Crackers  <b>Carrots or Celery Sticks</b>-Lunch- Vegetable Snack-Wheat Crackers or Cheese  <b>Juice</b>-Fruit or Cheese Stick/Slice</p>	