



CHILD'S NAME \_\_\_\_\_

Protein 1.5oz Fruit ½ cup Veggie ½ cup Bread ½ slice Milk ¾ cup
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# January 2019

7 Cheese Tortellini Bananas Buttered Carrots Milk  <b><u>Vegetarian</u></b>	8 Pepperoni Pizza Diced Pears Corn Milk <b><u>Vegetarian</u></b> Cheese Pizza	9 Mac and Cheese Pineapple Salad Milk	10 Turkey Sandwich Orange Segments Zucchini Milk <b><u>Vegetarian</u></b> Cheese Sandwich	11 Cheese Omelette Bananas Green Beans Milk
14 Meatloaf Bananas Cauliflower Milk <b><u>Vegetarian</u></b> Grilled Cheese	15 Chicken Nuggets Orange Segments Peas Bread Milk <b><u>Vegetarian</u></b> Cheese Quesadilla	16 Hamburgers Peaches Carrots Milk <b><u>Vegetarian</u></b> Cheese Pizza	17 Ham & Cheese Sub Pears Corn Milk <b><u>Vegetarian</u></b> Cheese Sandwich	18 Vegetable Lasagna Bananas Green Beans Milk
21 Chicken & Noodles Bananas Green beans Milk <b><u>Vegetarian</u></b> Grilled Cheese	20 Pizza Rolls Applesauce Corn Milk <b><u>Vegetarian</u></b> Macaroni & Cheese	21 French Toast Stix & Sausage Patties Banana Peas Milk <b><u>Vegetarian</u></b> Cheese Omelette	22 Stuffed Shells w/ Marinara Zucchini Orange Segments Milk	23 Macaroni and Cheese Bananas Broccoli Milk
28 Corn Dogs Bananas Carrots Milk <b><u>Vegetarian</u></b> Grilled Cheese	27 Meat Lasagne Salad Peaches Milk <b><u>Vegetarian</u></b> Cheese Lasagne	28 Chicken Nuggets Oranges Mixed Veggies Milk <b><u>Vegetarian</u></b> Cheese Pizza	29 Turkey Sub Apples/applesauce Cucumber Milk <b><u>Vegetarian</u></b> Cheese Sandwich	February 1 Roasted Turkey Breast Bananas Green beans Milk <b><u>Vegetarian</u></b> Cheese Quesadilla