

Morning Meal – January 2020*Kindies

Monday Jan 6	Tuesday Jan 7	Wednesday Jan 8	Thursday Jan 9	Friday Jan 10
Crackers Cheese Strings Carrots & Tomatoes	Nut-free low-fat Cereal Vanila Yogourt Oranges	Crackers/Bread/Buns Marble & Mozzarella Cheese Cauliflower & Cucumbers	Baked goods 2% White Milk Melons	Pita Hummous Carrots & Peppers
Monday Jan 13	Tuesday Jan 14	Wednesday Jan 15	Thursday Jan 16	Friday Jan 17
Nut-free low-fat Cereal Strawberry Yogourt Apples	Veggie Samosas 2% White Milk Carrots	Crackers/Bread/Buns Marble & Mozzarella Cheese Melons	Pita Hummous Cucumbers & Tomatoes	PA Day No School
Monday Jan 20	Tuesday Jan 21	Wednesday Jan 22	Thursday Jan 23	Friday Jan 24
Nut-free low-fat Cereal Vanilla Yogourt Oranges	Crackers/Bread Marble & Mozzarella Cheese Tomatoes & Carrots	1 slice baked good 2% White Milk Strawberries	Pita Hummous Broccoli & Snowpeas	English Muffin/Bagel Cream Cheese Melons
Monday Jan 27	Tuesday Jan 28	Wednesday Jan 29	Thursday Jan 30	Friday Jan 31
Pita Hummous Snow Peas & Peppers	Spinach & Cheese Samosas 2% White Milk Carrots	Nut-free low-fat Cereal Strawberry Yogourt Strawberries	Crackers Marble & Mozzarella Cheese Cucumbers & Tomatoes	Mini-bagels Yogourt Tubes Oranges