

# January Menu

# 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> COUNTRY DAWN CLOSED	<b>03</b> Breakfast: French toast & peaches AM: Celery, broccoli (* roasted), hummus, pita bread	<b>04</b> Breakfast: Oatmeal & apple slices AM: Rice cakes with pears	<b>05</b> Breakfast: Cinnamon toast & mixed berries AM: Breadsticks with cauliflower, tomato slices, ranch (* only tomato)	<b>06</b> Breakfast: Assorted cereals & kiwi AM: String cheese with roasted potatoes
<b>09</b> Breakfast: Assorted cereals & pears AM: Green beans with Saltine crackers PM: Soy butter and jam sandwiches & milk	<b>10</b> PM: Vanilla yogurt with mixed berries Breakfast: English muffins with strawberry jam or soy butter & mandarin oranges AM: Fig newtons with grapes (* pineapple) PM: Pretzels, carrots, celery (* cucumbers)	<b>11</b> PM: Bean and cheese tortillas with olives Breakfast: Bagels with cream cheese & apple slices AM: Roasted cauliflower with Better Cheddar crackers PM: Boiled eggs with peas	<b>12</b> PM: Orange slices with popcorn (* crackers) Breakfast: Breakfast burritos with ham, cheese, salsa & pineapple AM: Goldfish crackers with cucumbers, bell peppers PM: Ginger Snaps with cantaloupe	<b>13</b> PM: Vanilla pudding with bananas Breakfast: Assorted cereals & applesauce AM: Mini bagels with cream cheese, bananas PM: Wheat Thin crackers with carrots (* bell peppers),
<b>16</b> Breakfast: Assorted cereals & grapes (* pineapple) AM: Graham crackers with mandarin oranges PM: Rice cakes with yogurt	<b>17</b> Breakfast: Oatmeal & blueberries AM: Turkey cubes with Ritz crackers	<b>18</b> Breakfast: Biscuits with sausage gravy & pears AM: Cauliflower, broccoli (* roasted) with ranch, bread sticks PM: Pita bread with hummus, snap peas	<b>19</b> Breakfast: Waffles with strawberries & whip cream AM: Cinnamon tortillas with applesauce	<b>20</b> Breakfast: Assorted cereals & bananas AM: Tomato slices, zucchini with Saltine crackers
<b>23</b> Breakfast: Assorted cereals & mandarin oranges AM: Wheat Thin crackers with cucumbers PM: Cheesy bread with peas	<b>24</b> PM: Apple slices, cheese cubes (* grated cheese) Breakfast: Scrambled eggs with ham and cheese & bananas AM: String cheese with goldfish crackers PM: Pineapple with graham crackers	<b>25</b> Breakfast: Pancakes & orange slices AM: Pretzels with green beans PM: Boiled eggs with Triscuit crackers	<b>26</b> Breakfast: Croissants with strawberry jam & cantaloupe AM: Ritz crackers with roasted broccoli PM: Teddy grahams with mandarin oranges	<b>27</b> Breakfast: Assorted cereals & strawberries AM: Vanilla wafers with bananas PM: Ham and cream cheese roll ups with snap peas
<b>30</b> Breakfast: Assorted cereals & bananas AM: Goldfish crackers with bell peppers, zucchini PM: Carrots and cheese cubes (* sliced cheese & cucumbers)	<b>31</b> Breakfast: French toast & peaches AM: Celery, broccoli (* roasted), hummus, pita bread PM: Vanilla yogurt with mixed berries			

All breakfasts are served with water and milk.  
**Cheerios are also served as a breakfast option each day.**  
 Water is served with all snacks, unless posted otherwise.  
 \* 30 months and under

**Country Dawn Lunches**  
 All Week - Soynut & Jam  
 M - Grilled Cheese  
 T - Tuna  
 W - English Muffin Pizzas  
 Th - Turkey & Cheese  
 F - Quesadillas