

# January Breakfast & Snack Menu 2009

Sun

Mon

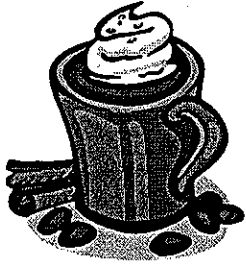
Tue

Wed

Thu

Fri

Sat



Fruits/Vegetables in bold are fresh. Canned fruits are in natural juices. When raisins are served, other fruit will be substituted for children under 3 years old. Bread products are whole wheat whenever possible. Nursery does not receive peanut butter. Toddler parents may opt out of peanut butter until age 2.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CLOSED	2 CLOSED	3
4	5 Cereal Apples Milk ----- String Cheese Water	6 Waffles Applesauce Milk ----- Goldfish Apple Juice	7 Cinnamon Toast Oranges Milk ----- Muffins Water	8 Cereal Bananas Milk ----- Snack Mix Orange Juice	9 Oatmeal Peaches Milk ----- Rice Krispy Treats Water	10
11	12 Cereal Oranges Milk ----- Chips & Salsa Water	13 Muffins Tropical Fruit Milk ----- Graham Crackers & PB Grape Juice	14 English Muffins & Jelly Pears Milk ----- Carrots & Dip Water	15 Cereal Bananas Milk ----- Breadsticks & Marinara Apple Juice	16 Yogurt Apples Milk ----- Corn Pops Water	17
18	19 Cereal Bananas Milk ----- Cookies Water	20 French Toast Sticks Applesauce Milk ----- Animal Crackers Orange Juice	21 Bagels & Cream Cheese Apples Milk ----- Soft Pretzels & Cheese Water	22 Cereal Oranges Milk ----- Cheez Its Grape Juice	23 Toast & Jelly Pineapple Milk ----- Bananas Water	24
25	26 Cereal Oranges Milk ----- Cheese & Crackers Water	27 Biscuits & Gravy Peaches Milk ----- Snack Mix Apple Juice	28 Oatmeal Bananas Milk ----- Goldfish Water	29 Cereal Apples Milk ----- String Cheese Orange Juice	30 Cottage Cheese Peaches Milk ----- Crackers, Cucumbers, Dip & Water	31