

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	RECC Closed Happy New Year!	Cheese Quesadilla on Whole Wheat Tortilla Broccoli Peaches Milk	Whole Wheat Pasta w/Sauce, Cottage Cheese Mixed Vegetables Pears Milk	Cheese Pizza Salad Carrots Pineapple Milk
Veggie Chili w/Cheese Brown Rice Cornbread Peaches Milk	Grilled Cheese on Whole Wheat Bread Tomato Soup, Celery Sticks Pears Milk	Whole Wheat Pasta w/Sauce, Ground Turkey Green Beans Mandarin Oranges Water	Cheese Pizza Salad Carrots Banana Milk	Macaroni and Cheese Squash Mixed Vegetables Applesauce Milk
Grilled Cheese on Whole Wheat Bread Tomato Soup, Celery Sticks Banana Milk	Roast Chicken Mashed Potatoes Beets Peaches Water	Tuna Noodle Casserole w/Egg Noodles Peas Pears Milk	Whole Wheat Tortilla Brown Rice, Black Beans Cheese, Corn and Salsa Applesauce Milk	Cheese Pizza Salad Carrots Mandarin Oranges Milk
Macaroni and Cheese Squash Mixed Vegetables Pineapple Milk	Grilled Cheese on Whole Wheat Bread Tomato Soup, Celery Sticks Pears Milk	Whole Wheat Pasta w/Sauce, Ground Turkey Broccoli Peaches Water	Cheese Pizza Green Salad Green Beans Mandarin Oranges Milk	Bologna Sandwich on Whole Wheat Bread Noodle soup, Carrots Applesauce Water
Grilled Cheese on Whole Wheat Bread Tomato Soup, Celery Sticks Pears Milk	Hot Dog on Bun Green Beans Butternut Squash Applesauce Water	Veggie Chili w/Cheese Brown Rice Cornbread Mandarin Oranges Milk	Roast Chicken Sweet Potatos Beets Peaches Water	

Breakfast and Snack

Cereal Grapes Milk	Cereal Bananas Milk	Cereal Oranges Milk	Cereal Grapes Milk	Cereal Bananas Milk
--------------------------	---------------------------	---------------------------	--------------------------	---------------------------

Ritz Crackers Apples Milk/Water	Saltine Crackers Cheese Slice Milk/Water	Graham Crackers Yogurt Milk/Water	Whole Grain Cheez-its Cantaloupe Milk/Water	Ritz Crackers Cheese Sticks Milk/Water
---------------------------------------	--	---	---	--