

Kids Depot Menus for January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED FOR NEW YEARS	WG MINI-WHEATS Oranges Chicken & Cheese Quesadillas (WG TORTILLAS) Kiwi Refried Beans Cottage Cheese Oyster Crackers	Pumpkin Bread Honeydew Mac-N-Cheese (WG NOODLES) Ham, Peas Cantaloupe Tortilla Chips/Ritz Black Bean Dip	Cream of Wheat Pears Baked Spaghetti (WG NOODLES) Corn Grapes Peppers & Carrots Milk	OATMEAL Apples Egg Salad Sandwich (WG BREAD) Pineapple Celery & Carrots Animal Crackers Milk
8	9	10	11	12
WG CHEERIOS Mandarin Oranges Chili Corn Chip Bake Brussel Sprouts Cornbread Apples Cucumbers & Tomatoes w/ ranch Milk	Blueberry Muffin Honeydew Turkey Tetrazzini (WG NOODLES) Cooked Carrots Pineapple Raisins Saltine Crackers	Cream of Wheat Bananas Tomato Soup Grilled Cheese (WG BREAD) Grapes Hard Boiled Egg Ritz Crackers	Bagels w/ Cream Cheese Oranges Tuna Casserole (WG NOODLES) Peas Grapes Banana Chips Milk	OATMEAL Cantaloupe Hamburger on BUN Kiwi Baked Beans Cheez it's 100 % Juice
15	16	17	18	19
English Muffin w/ Jam Applesauce Mediterranean QUINOA Salad String Cheese Grapes Carrots & Celery Hummus	WG PANCAKES Honeydew Chicken Breast Rice Pilaf Broccoli Apples Oranges WHEAT THINS	Banana Bread Grapes Scrambled Eggs TOAST Hash Browns Peas Yogurt Bananas	OATMEAL Cantaloupe Busy Day Stew Cornbread Kiwi Apples Milk	WG MINI-WHEATS Pineapple Sausage Pizza Lettuce Salad Watermelon Graham Crackers Milk
22	23	24	25	26
Cinnamon TOAST Fruit Cocktail Porcupine Meatballs Mashed Potatoes Green Beans Dinner Roll Pretzels Milk	WG CHEERIOS Apples Chicken Alfredo (WG NOODLES) Broccoli Watermelon Cheese Sticks Seasoned Oyster Crackers	Cream of Wheat Pears Haddock Pop's Potatoes Pineapple (WG BREAD) Tortilla Chips/Ritz Salsa	Waffles Bananas Sloppy Joes (WG BUN) French Fries Oranges Rice Cake w/cream cheese Broccoli & Cauliflower	OATMEAL Cantaloupe Turkey, Cheese, Lettuce Wrap (WG BREAD) Grapes Carrots & Celery Oatmeal Raisin Muffin Milk
29	30	31		
OATMEAL Apples Tator Tot Casserole Green Beans WG BREAD Peaches Oyster Crackers	French Toast Sticks Bananas Chicken Noodle Soup (WG NOODLES) String Cheese Kiwi Grapes Pretzels	Pumpkin Bread Honeydew Mac-N-Cheese (WG NOODLES) Ham, Peas Cantaloupe Animal Crackers Milk		

WG= Whole Grain; **Bold**=WG and Capital Letters

1%, Unflavored milk is served to children 2 & older

Whole, unflavored milk is served to children 1 yr. olds

Breakfast	Lunch	Snack
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