

HAPPY HOUR WORKSHOP MENU

JANUARY 2018

MONDAY 1			TUESDAY 2			WEDNESDAY 3			THURSDAY 4			FRIDAY 5		
BREAKFAST			BREAKFAST			BREAKFAST			BREAKFAST			BREAKFAST		
HOLIDAY			Chex Cereal Banana Milk			Fiber One Bars Apple Sauce Milk			Hot Oatmeal Oranges Milk			WG French Toast Banana Milk		
LUNCH			LUNCH			LUNCH			LUNCH			LUNCH		
HOLIDAY			Hamburger/WG Bun Lettuce/Tomatoes Onions/Pickles Baked Chips Fruit Cocktail Milk/Tea/Juice/Water			Chili w/Beans Baked Potatoes Cheese/Sour Cream WG/Saltine Crackers Mixed Fruits Milk/Tea/Juice/Water			Turkey Sandwich WG Bread Lettuce/Tomatoes Cheese/Pickles Pasta Salad Peach Halves Milk/Tea/Juice/Water			Chicken Salad June Peas/Carrot Baked Chips WG Saltine Crackers Tropical Fruit Milk/Tea/Juice/Water		
PM SNACK			PM SNACK			PM SNACK			PM SNACK			PM SNACK		
HOLIDAY			Yogurt			Cheese Crackers			WG Muffins			Peanut Butter Crackers		
Assorted Juices/Water			Assorted Juices/Water			Assorted Juices/Water			Assorted Juices/Water			Assorted Juices/Water		

WG=WHOLE GRAIN

MENU SUBJECT TO CHANGE

APPROVED BY:

HAPPY NEW YEAR

"Only as high as I reach can I grow, Only as far as I seek can I go, Only as deep as I look can I see, Only as much as I dream can I be."

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JANUARY 2018

MONDAY 8		TUESDAY 9		WEDNESDAY 10		THURSDAY 11		FRIDAY 12	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
Cheese Toast		Raisin Bran Cereal		Cheerios		Breakfast Bagel		Total Cereal	
Slice Apples		Mandarin Orange		Banana		Strawberries		Slice Apples	
Milk		Milk		Milk		Milk		Milk	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
Spaghetti/Meat Sauce		Grilled Chicken		Baked Chicken		Taco/Ground Turkey		Bar-B-Que Shredded Chicken	
Caesar Salad		Tomatoe Soup		Mash Potatoes		Spanish Rice		WG- Buns	
Garlic Bread		WG Grilled Cheese Sandwich		Green Bean		Lettuce/Tomatoes/Cheese		Baked Beans	
Mixed Fruit		Caesar Salad		WG Rolls		WG Soft/Hard Tortillas		Toss Salad	
		Pear Halves		Baked Apples		Sour Cream		Oranges	
						Slice Pineapples			
Milk/Tea/Juice/Water		Milk/Tea/Juice/Water		Milk/Tea/Juice/Water		Milk/Tea/Juice/Water		Milk/Tea/Juice/Water	
PM SNACK		PM SNACK		PM SNACK		PM SNACK		PM SNACK	
Bran Muffin		Cheese Stick		Apple Sauce		Yogurt		Cheese Nips	
Assorted Juices/Water		Assorted Juices/Water		Assorted Juices/Water		Assorted Juices/Water		Assorted Juices/Water	

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MONDAY 15					TUESDAY 16					WEDNESDAY 17					THURSDAY 18					FRIDAY 19				
BREAKFAST					BREAKFAST					BREAKFAST					BREAKFAST					BREAKFAST				
Fiber One Bar					Breakfast Bagel					Cheese Toast					Hot Bran Muffin					Wheat Sausage Biscuits				
Banana					Slice Oranges					Peaches					Banana					Apple Sauce				
Milk					Milk					Milk					Milk					Milk				
LUNCH					LUNCH					LUNCH					LUNCH					LUNCH				
Chicken Noodle Soup					Meatloaf					Grilled Chicken					Roast Beef									
WG Grilled Cheese Sandwich					Garlic Potatoes					WG Bun					WG Rice					Tuna Salad				
WG Crackers					Steamed Broccoli					Lettuce/Tomatoes					Lima Beans					June Peas				
Peach Halves					WG Rolls					Corn on Cob					WG Rolls					Baked Chips				
					Jell-O					Fruit Cocktail					Pineapple Tilet					WG Saltine Crackers				
																				Mixed Fruits				
Milk/Tea/Juice/Water					Milk/Tea/Juice/Water					Milk/Tea/Juice/Water					Milk/Tea/Juice/Water					Milk/Tea/Juice/Water				
PM SNACK					PM SNACK					PM SNACK					PM SNACK					PM SNACK				
Grain Muffins					Peanut Butter Crackers					Yogurt					Cheese Sticks					WG/Bagel				
Assorted Juices/Water					Assorted Juices/Water					Assorted Juices/Water					Assorted Juices/Water					Assorted Juices/Water				

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MONDAY 22					TUESDAY 23					WEDNESDAY 24					THURSDAY 25					FRIDAY 26				
BREAKFAST					BREAKFAST					BREAKFAST					BREAKFAST					BREAKFAST				
WG /Sausage Biscuit					Cheerios					Breakfast Bagel					Special K Bars					Pancakes				
Pears					Apple Sauce					Strawberries					Oranges					Pears				
Milk					Milk					Milk					Milk					Milk				
LUNCH					LUNCH					LUNCH					LUNCH					LUNCH				
Vegetable Soup					Baked Chicken					Meatballs					Chef Salad/Ham					Ham/Cheese Sandwich				
WG/PBJ Sandwich					Turnips					WG/Noodles					Lettuce/Tomatoes/Cheese					WG/Bread				
Tossed Salad					Cabbage					Sweet Peas					Baked Potatoes/Sour Cream					Lettuce/Tomatoes				
Mixed Fruit					Sweet Potatoes Casserole					WG/Rolls					Wheat Crackers					Corn				
					Corn Bread					Pear Halves					Mandarin Oranges					Tropical Fruit				
					Peach Halves																			
Milk/Tea/Juice/Water					Milk/Tea/Juice/Water					Milk/Tea/Juice/Water					Milk/Tea/Juice/Water					Milk/Tea/Juice/Water				
PM SNACK					PM SNACK					PM SNACK					PM SNACK					PM SNACK				
Cheese Crackers					Orange Slice					Grain Muffins					Cheese Nips					Apple Sauce				
Assorted Juices/Water					Assorted Juices/Water					Assorted Juices/Water					Assorted Juices/Water					Assorted Juices/Water				

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HAPPY HOUR SCHOOL MENU

JANUARY 2018

MONDAY 29			TUESDAY 30			WEDNESDAY 31			THURSDAY			FRIDAY		
BREAKFAST			BREAKFAST			BREAKFAST			BREAKFAST			BREAKFAST		
WG/Hot Muffins			Total Cereal			WG/Sausage Biscuits			/			/		
Oranges			Pear Halves			Apple Sauce								
Milk			Milk			Milk								
LUNCH			LUNCH			LUNCH			LUNCH			LUNCH		
WG/Bun Cheese Burger			Baked Pork Chops			Lasagna			/			/		
Lettuce/Tomatoes/Onions			Brown Rice			California Vegetable Blend								
Pickles			Green Beans			Garlic Bread								
Baked Fries			WG/Rolls			Tropical Fruit								
Fruit Cocktail			Baked Apples											
Milk/Tea/Juice/Water			Milk/Tea/Juice/Water			Milk/Tea/Juice/Water			/			/		
PM SNACK			PM SNACK			PM SNACK								
WG/Bagels			Cheese Nips			Orange Slices								
Assorted Juices/Water			Assorted Juices/Water			Assorted Juices/Water			/			/		

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