



JANUARY 2018



Sun	Mon	Tue	Wed	Thur	Fri	Sat
31	<p>1</p> <p>HAPPY NEW YEAR</p> <p>CLOSED Winter Break</p>	<p>2</p> <p>Dry cereal, fruit & milk</p> <p>Cheese pizza, mixed veggies, fruit & milk</p> <p>Rice cakes and sun butter</p>	<p>3</p> <p>Oatmeal, fruit & milk</p> <p>Sun butter on whole wheat with green beans, fruit and milk</p> <p>Fruit & pretzels</p>	<p>4</p> <p>Dry cereal, fruit & milk</p> <p>Minestrone soup with French bread, fruit & milk</p> <p>Yogurt, fruit</p>	<p>5</p> <p>Bagel, fruit & milk</p> <p>Quiche Lorraine with mixed veggies, fruit & milk</p> <p>Dry cereal & milk</p>	6
<p>7</p> <p>Note: Water is served for afternoon snack where no other beverage is listed</p> <p>Milk is served with breakfast and lunch</p>	<p>8</p> <p>Dry cereal, fruit & milk</p> <p>Chicken soft tacos with corn, fruit, milk</p> <p>Sunflower butter & crackers</p>	<p>9</p> <p>Oatmeal, fruit & milk</p> <p>Hummus with pita, green salad, fruit, milk</p> <p>Oat bran muffin & fruit</p>	<p>10</p> <p>Dry cereal, fruit & milk</p> <p>Turkey noodle soup with crackers, sliced carrots, fruit & milk</p> <p>Fruit & milk</p>	<p>11</p> <p>Bagel, fruit & milk</p> <p>Beef BBQ with biscuits, black eyed peas, fruit & milk</p> <p>Goldfish & fruit</p>	<p>12</p> <p>Dry cereal, fruit & milk</p> <p>Chicken salad on whole wheat with green beans, fruit & milk</p> <p>Cheese & crackers</p>	13
<p>14</p> <p>*All fruit is fresh unless otherwise stated*</p>	<p>15</p> <p>IC3 Closed</p> <p>STAFF WORK DAY</p>	<p>16</p> <p>Oatmeal, fruit & milk</p> <p>Sunflower butter on WW with green beans, fruit & milk</p> <p>Crackers & fruit</p>	<p>17</p> <p>Dry cereal, fruit & milk</p> <p>Pasta marinara with shredded mozzarella, fruit & milk</p> <p>Soft pretzels & fruit</p>	<p>18</p> <p>Bagel, fruit & milk</p> <p>Chicken chili with oyster crackers, fruit & milk</p> <p>Cereal snack mix & raisins</p>	<p>19</p> <p>Dry cereal, fruit & milk</p> <p>Tex-mex lasagna with guacamole salad, fruit & milk</p> <p>Fruit & milk</p>	20
<p>21</p> <p>*IC3 Breakfast: All IC3 breakfasts include a wholegrain component with less than .212g of sugar for dry cereals*</p>	<p>22</p> <p>Dry cereal, fruit & milk</p> <p>Oven baked, whole wheat pancake with scrambled egg, breakfast potatoes, fruit & milk</p> <p>Green salad & whole grain crackers</p>	<p>23</p> <p>Bagel, fruit & milk</p> <p>Chicken salad on whole wheat, green salad, fruit, milk</p> <p>Goldfish crackers & fruit</p>	<p>24</p> <p>Oatmeal, fruit & milk</p> <p>Meatloaf, mashed sweet potato, corn bread, apple sauce & milk</p> <p>Cottage cheese & fruit</p>	<p>25</p> <p>Dry cereal, fruit, milk</p> <p>Sun butter on whole wheat with green beans, fruit & milk</p> <p>Fruit & milk</p>	<p>26</p> <p>Dry cereal, fruit & milk</p> <p>Black beans with rice and corn, fruit & milk</p> <p>Pretzels & fruit</p>	27
28	<p>29</p> <p>Dry cereal, fruit & milk</p> <p>Pasta and meat sauce with green beans, fruit & milk</p> <p>Crackers & cheese</p>	<p>30</p> <p>Bagel, fruit & milk</p> <p>Cheese pizza with broccoli, fruit & milk</p> <p>Cereal mix & fruit</p>	<p>31</p> <p>Dry cereal, fruit & milk</p> <p>Grilled cheese with tomato soup, fruit & milk</p> <p>Rice cakes & fruit</p>			