

Breakfast

Jan-26

Substitutions may be used as necessary.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				New Years Holiday	Scrambled Eggs Diced Peaches © Tortilla Milk	
4	5	6	7	8	9	10
	WGR Life Cereal Diced Peaches © Milk	Banana Bread Pineapple Tidbits© WG Sliced Bread Milk	WGR Honey Nut Cheerios Applesauce Milk	Biscuits w/ham Fruit Cocktail © Milk	WGR Waffles Pear Halves © Milk	
11	12	13	14	15	16	17
	WGR Pancakes Apricot Halves © Milk	French Toast Sticks Bannanas & Berries© Milk	WGR Toasted Oats Fresh Strawberries Milk	Scrambled Eggs w/bis Applesauce © Tortilla Milk	WGR Bagel w/cream cheese Pear Halves © Milk	
18	19	20	21	22	23	24
	WGR Honey Nut Cheerios Peach Halves Milk	Biscuit w/butter Scrambled Eggs Apricot Halves © Milk	French Toast Pineapple Tidbits © Milk	WGR Pancakes Fruit Cocktail © Milk	WGR Bagel w/sausage patty Diced Pears © Milk	
25	26	27	28	29	30	31
	WGR French Toast Pear Halves © Milk	WGR Corn Flakes Diced Pineapple © Milk	WGR Pancakes Apricot Halves © Milk	Biscuits w/cheddar Fresh Apple Slices © Milk	WGR Scrambled Eggs Pineapple Tidbits © Tortilla Milk	

Lunch

Jan-26

Substitutions may be used as necessary.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				New Years Holiday	Beanie Weenies Corn Cuts Diced Pineapples © WG Sliced Bread Milk	
4	5	6	7	8	9	10
	WGR Salisbury Steak Green Beans (A) Apricot Halves © WG Sliced Bread Milk	WGR Chicken Patties Peas & Carrots (A) Mixed Berries © WG Sliced Bread Milk	Hot Dogs w/cheese Baked Beans Orange Slices © Hot Dog Bun Milk	Beef Tacos Lettuce & Tomato Sal Applesauce Flour Tortilla Milk	WGR Pepperoni Pizza (CN) Mx. Vegetables (A) Pear Halves © WG Sliced Bread Milk	
11	12	13	14	15	16	17
	Fish Fillet (CN) Mashed Potatoes Bananas Milk	WGR Grilled Ham/Chees Broccoli (A) Pineapple Cuts © WG Sliced Bread Milk	WGR Chicken Alfredo Garden Salad Applesauce © WG Sliced Bread Milk	Bean & Cheese Taco Corn Orange Slices © Flour Tortilla Milk	WGR Chicken Quesadilla Mx. Vegetables (A) Diced Peaches © WG Sliced Bread Milk	
18	19	20	21	22	23	24
	Soft Chicken Taco Garden Salad Pear Halves © Flour Tortilla Milk	WGR Baked Parmesan Chic Mx. Vegetables (A) Mx. Fruit © WG Sliced Bread Milk	Bean & Cheese Taco Lettuce & Tomato Mixed Berries © Flour Tortilla Milk	WGR Salisbury Steak Mashed Potatoes Apricot Halves© WG Sliced Bread Milk	WGR Chicken Nuggets Cut Green Beans (A) Orange Sections© WG Sliced Bread Milk	
25	26	27	28	29	30	31
	Bar B Que Pork Sand Peas/Carrots (A) Pears Hamburger buns Milk	Cheeseburgers Broccoli (A) Banana/Strawberry © Hamburger Bun Milk	Hot Dogs w/cheese Corn Fresh Apple Slices © Hot Dog Bun Milk	Sloppy Joe Baked French Fries Apricot Halves© WG Sliced Bread Milk	WGR Grilled Ham & Swiss Cheese Green Beans (A) Orange Sections© WG Sliced Bread Milk	

Snack

Jan-26

Substitutions may be used as necessary.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
**Trail Mix: Marshmallows Pretzels Chex rice, wheat and Corn Cereal Raisins				New Years Holiday	Goldfish crackers Diced Pineapple © Water	
4	5	6	7	8	9	10
	Breadsticks w/ Marinara Sauce Fruit Cocktail © Water	Yogurt w/fruit Mixed Berries © Water	Graham Crackers Apricot Halves © Water	WGR WGR Waffles Diced Pears © Water	WGR WGR Sun chips Cheddar Cheese WW Toast Water	
11	12	13	14	15	16	17
	Cinnamon Raisin Brea Applesauce © Water	WGR Trail Mix ** Diced Peaches© Water	WGR Ritz Crackers Pineapple Tidbits© Water	WGR WG Banana Muffins Pear Halves Water	Sun Chips 100% Fruit Punch Water	
18	19	20	21	22	23	24
	Carrot Sticks w/ranch 100% fruit Punch Water	WGR Goldfish Crackers Fruit Cocktail © Water	Cinnamon Raisin Brea Applesauce © Water	Yogurt w/fruit Mixed Berries © Water	WGR Breadsticks w/ Marinara Sauce Pineapple Tidbits © Water	
25	26	27	28	29	30	31
	WGR Mini Bagels /cream Apricot Halves © Water	WGR Goldfish Crackers Diced Pears © Water	Jerky (CN) Saltine Crackers Diced Peaches Water	WGR Trail Mix ** Applesauce © Water	WGR Waffle Diced Pears © Water	

Dinner

Jan-26

Substitutions may be used as necessary.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				New Years Holiday	WGR Spaghetti w/ meat sauce Green Beans Tropical Fruit Salad © WG Sliced Bread Milk	
4	5	6	7	8	9	10
	Beanie Weenies Corn Cuts Diced Pineapple © WG Sliced Bread Milk	WGR Salisbury Steak (CN) Green Beans (A) Apricot Halves © WG Sliced Bread Milk	WG Chicken Patties Peas & Carrots (A) Mixed Berries © WG Sliced Bread Milk	Hot Dog w/Cheese Baked Beans Orange Sections © Hot Dog Bun Milk	Beef Tacos Lettuce & Tomato (A) Applesauce © Flour Tortilla Milk	
11	12	13	14	15	16	17
	WG Pepperoni Pizza Mx. Vegetables (A) Pear Halves © WG Sliced Bread Milk	Fish Fillet Mashed Potatoes Bananas WG Sliced Bread Milk	WG Grilled Ham & Cheese Broccoli (A) Pineapple Cuts © WG Sliced Bread Milk	WG Chicken Alfredo Green Salad w/carrots Applesauce © WG Sliced Bread Milk	Bean & Cheese Tacos Corn Orange Slices © Flour Tortilla Milk	
18	19	20	21	22	23	24
	Chicken Quesadilla Mx. Vegetables (A) Diced Peaches © WG Sliced Bread Milk	Soft Chickien Taco Garden Salad Pear Halves © Flour Tortilla Milk	WG Baked Parm Chicken Mx. Vegetables (A) Mx. Fruit © WG Sliced Bread Milk	Bean & Cheese Taco Lettuce & Tomato Mixed Berries © Flour Tortilla Milk	WG Salisbury Steak (CN) Mashed Potatoes Apricot Halves © WG Sliced Bread Milk	
25	26	27	28	29	30	31
	WGR Chicken Nuggets (CN) Green Beans (A) Orange Sections © WG Sliced Bread Milk	Bar B Que Pork Sand Peas & Carrots (A) Pear Halves © Hamburger bun Milk	Cheeseburger Broccoli Cuts (A) Banana/Straw Hamburger Bun Milk	Hot Dog w/Cheese Corn Fresh Apple Slices © Hot Dog bun Milk	WG Sloppy Joe Baked French Fries Apricot Halves © WG Sliced Bread Milk	