



## January 22<sup>nd</sup> – 26<sup>th</sup>, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Cinnamon raisin oatmeal with apples	Scrambled eggs with veggies  Cinnamon toast	Cheesy grits  Warm apple slices	Scrambled eggs  Breakfast potatoes  Toast	Cider baked whole grain muffin with winter fruit  Turkey sausage
<b>LUNCH</b>	Dijon chicken* and mushrooms with rice  Cheesy broccoli	Garlic beef* noodle bowl with veggies  Green beans	Creamy pesto mac with spinach  Honey glazed carrots	Tuna melt with veggies  Fall fruit salad	Taco salad with ground turkey, rice and vegetables  Black beans and corn
<b>AFTERNOON SNACK</b>	Apple slices and cheese cubes	Toritilla with sunbutter and raisins	Pita with hummus	Yogurt parfait with fruit and granola	Cottage cheese and pears

Milk is served with breakfast and lunch and water is served with afternoon snack.

Elmwood Stock Farm \*

Reed Valley Orchard \*\*

