

JANUARY

	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
AM Snack	Sweet Potato Granola Bar,Fruit	Cinnamon Swirl Pancakes w/ Fresh Fruit	Graham Crackers & Fruit	Oat Crackers (Lemon Pepper) & Cheese Cubes	Yogurt & Fruit
Lunch	Chicken Teriyaki Rice (GF)	Sloppy Joes w/ Turkey	Chicken & Sweet Potato Fritter	Mac & Cheese (VEG)	Mexican Lasagna w/ Beef,GF
PM Snack	Banana Cocoa Oat Cookie,Fruit	Roasted Red Pepper Hummus & Pita	Zucchini Bread,Fruit	Parmesan Potato Wedges, Yogurt	Cheese Cubes, Vegetables
	13	14	15	16	17
AM Snack	Cinnamon Rice Pudding & Fruit	Carrot Bread & Applesauce	Cornbread & Fruit	Blueberry Banana Oat Muffin,Fruit	Banana Pancakes w/ Fresh Fruit
Lunch	Cajun Rice & Beans w Turkey GF	Chicken Alfredo	Vegetable & Bean Chili w Oyster Crackers,VEG,V	Meatloaf w Mashed Potatoes GF	BBQ Chicken Sandwich
PM Snack	Cocoa Bread,Fruit GF,VEG,V	Black Bean,Corn Medley,Pita	Cheese Cubes	Sweet Potato Chips & Fruit	Cheese Roll Up VEG
	20	21	22	23	24
AM Snack	Cocoa Bread, Fruit,GF,VEG,V	Yogurt & Fruit	Tropical Rice Pudding w/ Fruit,GF,VEG,V	Oat Crackers Lemon Pepper,Cheese Cubes	Cereal Protein Bar & Fruit
Lunch	Baked Mostaccioli w/ Turkey	Lemon Pepper Chicken & Rice (GF)	Cheeseburger	Chicken Fajitas w Flour Tortilla	Mac & Cheese (VEG)
PM Snack	Parm Potato Wedges,Cheese Cubes	Oat Crackers Cinnamon, Sugar, Fruit	Creamy Spinach Dip, Carrots	Oat Crackers (Lemon Pepper) & Cheese Cubes	Zucchini Bread & Fruit
	27	28	29	30	31
AM Snack	Oat Crackers (Curry),Cheese Cubes	Blueberry Bread w Applesauce	Flourless Sweet Potato Muffin & Fruit	Oat Crackers Garlic & Parsley) & Fruit	Sweet Potato Granola Bar, Fruit
Lunch	BBQ Chicken Sandwich	Turkey Meatballs,Mashed Potatoe	Bean & Cheese Quesadilla VEG	Vegetable & Bean Chili w/ Oyster Crackers (VEG & V)	Cheesy Rice Bake w Turkey,GF
PM Snack	Banana Bread & Fruit	Eggplant Hummus & Pita	Graham Crackers & Fruit	Chips & Fruit	Carrot Bread & Applesauce
AM Snack					
Lunch					
PM Snack					

GF = Gluten Free
DF = Dairy Free
V = Vegan
VEG = Vegetarian

Beyond Green Sustainable Food Partners
1103 W. Grand Ave., Chicago, IL 60642
(312) 275-6801

2% Milk Served

Fresh Fruit & Veg Daily



