

MEAL PACK SAMPLE MENU

JANUARY 14TH

Milk is recommended daily with each meal

Friday, January 15th

Breakfast:

Waffle Bites w/ syrup
Applesauce

Lunch:

Orange Chicken w/ rice
Baked Beans + Corn +
Raisins

Monday, January 18th (Holiday)

Tuesday, January 19th

Breakfast:

Cereal
Juice + 1/2 Orange

Lunch:

Cheese Pizza
Cucumber Slices + Orange

Wednesday, January 20th

Breakfast:

1/2 Bagel + Sausage
Juice + 1/2 Orange

Lunch:

Hamburger
Broccoli + Cucumber +
Frozen Fruit Cup

Thursday, January 21st

Breakfast:

1/2 Bagel + Sausage
Applesauce

Lunch:

PB&J Sandwich
Cucumber Slices + Orange