



Meal Pack

Sample Menu

January 21, 2021

Milk is recommended daily with each meal

FRIDAY 1/22

Breakfast:

Yogurt w/ granola
Frozen Berries

Lunch:

Pulled Pork Sandwich
3-Bean Salad + Orange

MONDAY 1/25

Breakfast:

Cinnamon Roll
Apple + Juice

Lunch:

Chicken Burger
Celery + 1/2 Carrots + Orange

TUESDAY 1/26

Breakfast:

Egg & Cheese Taco
Apple + Juice

Lunch:

Grilled Cheese Sandwich
Spinach + 1/2 Carrots + Orange

WEDNESDAY 1/27

Breakfast:

Cereal bowl
Dried Fruit + Juice

Lunch:

Bean & Cheese Burrito
Wedges + Carrots + Apple

THURSDAY 1/28

Breakfast:

Banana Bread Slice
Apple + Juice

Lunch:

Chicken Nuggets
Potato Wedges + Orange