



Sweet Beginnings Early Learning Center

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 BREAKFAST: Rice Krispies, banana, milk LUNCH: Spaghetti, green beans, oranges, milk SNACK: Goldfish & milk	4 BREAKFAST: English Muffin, peaches, milk LUNCH: Grilled ham & cheese sandwich, tomato soup, pears, milk SNACK: Cottage cheese & pretzels	5 BREAKFAST: Sausage biscuit, blueberries, milk LUNCH: Chicken salad sandwich, carrots, oranges, milk SNACK: Cheese sandwich & milk	6 BREAKFAST: Toast w/jelly, apples, milk LUNCH: Bean & cheese burrito, corn, mixed fruit, milk SNACK: String cheese & crackers
9 BREAKFAST: Cheerios, banana, milk LUNCH: Chicken Alfredo, green beans, apples, milk SNACK: Hummus & Flatbread	10 BREAKFAST: Pancakes, blueberries, milk LUNCH: Mac & cheese w/ beef, broccoli, pineapple, milk SNACK: Chex-mix & milk	11 BREAKFAST: Bagel w/cream cheese, oranges, milk LUNCH: Baked potato soup, ham roll-up, grapes, milk SNACK: Graham crackers & yogurt	12 BREAKFAST: Oatmeal, pears, milk LUNCH: Turkey sub sandwich, carrots, applesauce, milk SNACK: Goldfish & milk	13 BREAKFAST: Cinnamon roll, melon, milk LUNCH: Spagetti squash lasagna w/ beef, breadstick, mixed fruit, milk SNACK: String cheese & crackers
16 BREAKFAST: Rice Krispies, banana, milk LUNCH: Sloppy joes w/bun, broccoli, grapes, milk SNACK: Roasted chick peas & cucumbers	17 BREAKFAST: Waffles, pineapple, milk LUNCH: Pizza w/ham, green beans, oranges, milk SNACK: Pretzels & milk	18 BREAKFAST: English Muffin, peaches, milk LUNCH: Chicken noodle soup w / mixed veggies, apples, milk SNACK: Cottage cheese & celery	19 BREAKFAST: Biscuits & gravy, blueberries, milk LUNCH: Lemon pepper fish, carrots, oranges, breadstick, milk SNACK: Cheese sandwich & milk	20 BREAKFAST: Cinnamon toast, pears, milk LUNCH: Shepherd's Pie w/beef, peas, roll, mixed fruit, milk SNACK: String cheese & crackers
23 BREAKFAST: Corn Flakes, banana, milk LUNCH: Chicken quesadillas, corn, pears, milk SNACK: Apples & yogurt	24 BREAKFAST: Pancakes, oranges, milk LUNCH: Ham & cheese roll-up, tater tots, apples, milk SNACK: Goldfish & milk	25 BREAKFAST: Bagel w/cream cheese, applesauce, milk LUNCH: Chili, saltine crackers, peas, melon, milk SNACK: Edamame & carrots	26 BREAKFAST: Oatmeal, blueberries, milk LUNCH: BBQ chicken, mashed potatoes, grapes, breadstick, milk SNACK: Chex-mix & milk	27 BREAKFAST: Toast w/jelly, peaches, milk LUNCH: Cheeseburger w/bun, broccoli, mixed fruit, milk SNACK: String cheese & crackers

<p>30 BREAKFAST: Bran Flakes, banana, milk LUNCH: Chicken pot pie casserole w/mixed veggies, roll, oranges, milk SNACK: Cucumbers & roasted chick peas</p>	<p>31 BREAKFAST: Waffles, pineapple, milk LUNCH: Meatloaf, breadstick, green beans, pears, milk SNACK: Cheese sandwich & milk</p>			
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