



JANUARY MENU

Monday		Tuesday		Wednesday		Thursday		Friday	
4	Breakfast: Vanilla yogurt, fruit Lunch: Salami, provolone cheese, whole grain crackers, cucumbers, pineapple Snack: Veggie straws, cheese sticks	5	Breakfast: Organic pear & crasin muffins Lunch: Turkey, cheddar cheese, cucumbers, multigrain bread, strawberries Snack: graham crackers, applesauce	6	Breakfast: Cereal, bananas Lunch: Focaccia bread, colby cheese, sweet peppers, ranch dip, pineapple Snack: Vanilla yogurt, muffins	7	Breakfast: Organic apple spice muffin Lunch: Mac & cheese, peas, cutie oranges Snack: Ritz crackers, cottage cheese taco dip	8	Breakfast: Pancakes, blueberries Lunch: Ham, cheese on sourdough bread, cucumbers, cantaloupe Snack: Pretzels, hummus
11	Breakfast: Cereal, bananas Lunch: Jasmine rice, cheddar cheese, sweet peppers, ranch dip, pineapple Snack: Graham crackers, applesauce	12	Breakfast: Organic pear & crasin muffins Lunch: Focaccia bread, cheese, cucumbers, ranch dip, strawberries Snack: Whole grain crackers, cheese	13	Breakfast: Vanilla yogurt, graham crackers Lunch: Ham, cheese, multigrain bread, corn, kiwi Snack: Veggie straws, cheese slices	14	Breakfast: Cereal, fruit Lunch: Cranberry turkey wraps, carrots Snack: Pretzels, hummus	15	Breakfast: Organic apple spice muffin Lunch: Salami, cheese, sourdough bread, peas, mixed fruit Snack: Protein balls with sunflower butter, orange slices
18	Breakfast: Cereal, banana Lunch: Whole grain crackers, colby cheese, cucumbers, ranch dip, pineapple Snack: Graham crackers, cheese slices	19	Breakfast: Organic pear & crasin muffins, applesauce Lunch: Turkey, cheese, multigrain bread, carrots, strawberries Snack: Veggie straws, cheese stick	20	Breakfast: Vanilla yogurt, mixed berries Lunch: Focaccia bread, colby cheese cubes, sweet peppers, ranch dip, cantaloupe Snack: Ritz crackers, salami	21	Breakfast: Apple/banana smoothies Lunch: Taco pinwheels, corn, blue chips, salsa, pineapple Snack: Veggie straws, cheese stick	22	Breakfast: Organic apple spice muffins, applesauce Lunch: Grilled cheese (funfetti) on sourdough, peas, strawberries Snack: Popcorn, fruit cups
25	Breakfast: Cereal, banana Lunch: Ham, cheese, ritz crackers, sweet peppers, pineapple Snack: Pretzels, hummus	26	Breakfast: Organic pear & crasin muffins, applesauce Lunch: Focaccia bread, cheese, cucumbers, ranch dip, strawberries Snack: Graham crackers, applesauce	27	Breakfast: Yogurt fruit cup Lunch: Turkey, cheese, carrots, multigrain bread, ranch dip, kiwi Snack: Apple slices, sunflower butter, cutie oranges	28	Breakfast: Cereal, fruit Lunch: Pasta salad, pineapple Snack: Whole grain crackers, cheese slices	29	Breakfast: Organic apple spice muffins Lunch: Salami, cheese, sourdough bread, peas, fruit Snack: Veggie straws, cheese stick
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NOTES

***Menu may change from day to day depending on the availability of foods.**

If your child has an allergy or food preference, you will receive an individualized menu. If you have any questions or concerns about the menu, please email candice@cultivatemankato.com