

Food Bank January 2025	MEAL (Menu Week)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast</b> (Menu Week 2)			1	2	3
	<b>Lunch</b> (Menu Week 1)	<b>This menu is subject to change!</b>		<i>Happy New Years!</i> <i>Closed</i>	2 oz Cranberry Pecan Chicken Salad ½ cup Steamed Broccoli ½ cup Fruit Cocktail 1 WG Bread 8 oz 1% Milk	2 oz Turkey & American Sandwich ½ cup Green Beans ½ cup Applesauce 2 Slices WG Bread 8 oz. 1% Milk
	<b>Snack</b> (Menu Week 2)				½ cup 100% Fruit Juice Cereal Bar	½ cup Yogurt ¼ cup Granola
	<b>Breakfast</b> (Menu Week 3)		6		7	8
	<b>Lunch</b> (Menu Week 2)	2 oz. Oven Fried Chicken ½ cup Green Beans ½ cup Mandarin Oranges 1 servings WG Soft Rolls 8 Oz. 1% Milk	WG Peanut Butter & Jelly ½ cup Carrots ½ cup Pears 1 Cheese Stick 8 oz 1% Milk	2 oz. Stir-Fry Chicken ½ cup Stir-Fry Vegetables ½ cup Mandarin Oranges ½ cup WG Rice 8 oz. 1% Milk	2 oz Hawaiian Ham Pasta Salad ½ cup Steamed Broccoli ½ cup Pineapple 1 WG Pasta 8 oz. 1% Milk	2 oz. Bologna & American Sandwich ½ cup Green Beans ½ cup Fruit Cocktail 2 Slices WG Bread 8 oz. 1% Milk
	<b>Snack</b> (Menu Week 3)	½ cup 100% Fruit Juice ½ cup WG Animal Crackers	½ cup 100% Fruit Juice ½ cup Lorna Doone's	8 oz. Chocolate Milk Croissant w/Cream Cheese	½ cup 100% Fruit Juice ½ cup WG Cereal Bar	½ cup 100% Fruit Juice ½ cup WG Cheese Crackers
	<b>Breakfast</b> (Menu Week 4)	13	14	15	16	17
	<b>Lunch</b> (Menu Week 3)	2 oz. Baked Ham ½ cup Steamed Carrots ½ cup Peaches 1 WG Rolls 8 oz. 1% Milk	2 oz Turkey & American Sandwich ½ cup Cucumber Salad ½ cup Fruit Cocktail 2 Slices WG Bread 8 oz. 1% Milk	2 oz. Chicken Fajitas ½ cup Black Beans ½ cup Applesauce 1 cup WG Rice 8 oz 1% Milk	2 oz Apple Walnut Turkey Salad ½ cup Steamed Broccoli ½ cup Mandarin Oranges 1 cup WG Bread 8 oz 1% Milk	2 oz Ham & Swiss Sandwich ½ cup Steamed Carrots ½ cup Pears 1 WG Bun 8 oz 1% Milk
	<b>Snack</b> (Menu Week 4)	1 oz Cheese Stick ½ cup WG Pretzels	½ cup Yogurt ¼ cup Granola	8 oz 100% Fruit Juice Cereal Bar	8 oz Fruit Juice Chex Mix	8 oz 100% Fruit Juice WG Cheese Crackers
	<b>Breakfast</b> (Menu Week 1)	20	21	22	23	24
	<b>Lunch</b> (Menu Week 4)	2 oz Breaded Fish ½ cup Mixed Veg ½ cup Pears 1 WG Roll 8 oz 1% Milk	WG Peanut Butter & Jelly ½ cup Carrots ½ cup Applesauce 1 Cheese Stick 8 oz 1% Milk	2 oz. Meatloaf w/Gravy ½ cup Baked Sweet Potatoes ½ cup Fruit Cocktail 1 WG Roll 8 oz. 1% Milk	2 oz Bacon Chicken Ranch Salad ½ cup Green Beans ½ cup Applesauce WG Bread 8 oz 1% Milk	2 oz Italian Tortellini Salad ½ cup Steamed Broccoli ½ cup Pineapple 1 cup WG Pasta 8 oz 1% Milk
	<b>Snack</b> (Menu Week 1)	½ cup 100% Fruit Juice ½ cup WG Pretzels	½ cup Yogurt ½ cup Granola	½ cup 100% Fruit Juice ½ cup Graham Crackers	100% Fruit Juice WG Chocolate Chip Muffin	100% Fruit Juice Blueberry Muffin w/butter cup
	<b>Breakfast</b> (Menu Week 2)	27	28	29	30	31
	<b>Lunch</b> (Menu Week 1)	2 oz Chicken Alfredo Casserole 1 cup WG Pasta ½ cup Peas ½ cup Applesauce 8 oz 1% Milk	2 oz Ham & Swiss Sandwich ½ cup Carrots ½ cup Mandarin Oranges 1 WG Bun 8 oz 1% Milk	2 oz. Cheeseburger ½ cup Tater Tots ½ cup Mandarin Oranges 1 WG Bun 8 oz. 1% Milk	2 oz Cranberry Pecan Chicken Salad ½ cup Steamed Broccoli ½ cup Fruit Cocktail 1 WG Bread 8 oz 1% Milk	2 oz. Turkey & American Sandwich ½ cup Green Beans ½ cup Applesauce 2 Slices WG Bread 8 oz. 1% Milk
	<b>Snack</b> (Menu Week 2)	½ cup Vanilla/Chocolate Pudding ½ cup 100% Fruit Juice	½ cup Fruit Juice ½ cup WG Cheese Crackers	½ cup Fruit Juice Croissant w/Cream Cheese	½ cup 100% Fruit Juice Cereal Bar	½ cup Yogurt ¼ cup Granola

