

Creative Inspiration Journey School - Lunch Menu (Jan 2-Feb 3, 2017)

Week 1	Monday 1/2	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal w/ Milk Fresh Fruit and Water	English Muffins with Cream Cheese and Jam Fresh Fruit and Milk	Oatmeal Fresh Fruit and Milk	Scrambled Eggs Fresh Fruit and Water	Waffles Fresh Fruit and Milk
Snack	Seasonal Fruit Water	Bananas Water	Vanilla Yogurt and Apple Slices Water	Multi-Grain Tortilla Chips Water	Cheese Stick Water
Lunch	Sloppy Joes Peas Seasonal Fruit Milk	Panko Chicken Nuggets Mac N Cheese Green Beans Pineapple Milk	Soft Ground Turkey Tacos Black Beans Grapes Milk	Spaghetti Salad Oranges Milk	Chef's Choice Milk
Snack	Veggie Straws Water	Triscuits Water	Pretzel Chips Water	Fruit Smoothies Water	Raisins Water
Week 2	Monday 1/9	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal w/ Milk Fresh Fruit and Water	Waffles Fresh Fruit and Milk	Pancakes Fresh Fruit and Milk	Oatmeal Fresh Fruit and Milk	Toast and Jam Fresh Fruit and Milk
Snack	Bananas Water	Fresh Oranges Water	Cheezits Water	Pita Chips & Hummus Water	Sliced Cheese and Wheat Thins Water
Lunch	Turkey Pepperoni Pizzas Green Beans Seasonal Fruit Milk	Pulled Pork Sliders Salad Pineapple Milk	Chili w/Kidney beans Apples Milk	Chicken Alfredo Broccoli Grapes Milk	Chef's Choice Milk
Snack	Raw Carrots (Snapea Crisps) for 1YO Water	Multi-Grain Tortilla Chips Water	Frozen Fruit Smoothies Water	Veggie Straws Water	Raisins Water
Week 3	Monday 1/16	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal W/ Milk Fresh Fruit	Pancakes Fresh Fruit and Milk	Scrambled Eggs Fresh Fruit and Milk	Waffles Fresh Fruit and Milk	Oatmeal Fresh Fruit and Milk
Snack	Vanilla Yogurt & Apples Water	Bananas Water	Pears Water	Pita Chips & Hummus Water	Pretzel Chips Water
Lunch	Meatloaf Sweet Potatoes Peaches Milk	Chicken Quesadillas Corn Pineapple Milk	Turkey Sausage Breakfast Casserole Broccoli Oranges Milk	Baked Ham Sandwiches Lima Beans Grapes Milk	Chef's Choice Milk
Snack	Veggie Straws Water	Cheezits Water	Multi-Grain Tortilla Chips Water	Raisins Water	Cheese Slices and Wheat Thins Water
Week 4	Monday 1/23	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal W/ Milk Fresh Fruit	Scrambled Eggs Fresh Fruit and Milk	English Muffin Fresh Fruit and Milk	Oatmeal Fresh Fruit and Milk	Waffles Fresh Fruit and Milk
Snack	Bananas Water	Fresh Oranges Water	Raisins Water	Fruit Smoothies Water	Vanilla Yogurt & Apples Water
Lunch	Panko Chicken Nuggets Green Beans Seasonal Fruit Milk	Cheeseburgers Salad Grapes Milk	Beef Roast Carrots & Potatoes Oranges Milk	Turkey Wraps w/Cheese Peas Applesauce Milk	Chef's Choice Milk
Snack	Pretzel Chips and Water	Cheese Slices, Wheat Thins and Water	Multi-Grain Tortilla Chips and Water	Pita Chips, Dip and Water	Fruit Muffins and Water
Week 5	Monday 1/30	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal W/ Milk Fresh Fruit	English Muffin Fresh Fruit and Milk	Scrambled Eggs Fresh Fruit and Milk	Waffles Fresh Fruit and Milk	Oatmeal Fresh Fruit and Milk
Snack	Vanilla Yogurt & Apples Water	Fruit Smoothies Water	Bananas Water	Multi-Grain Tortilla Chips Water	String Cheese Water
Lunch	Lasagna Soup Green Beans Pears Milk	Cheese Enchiladas Black Beans and Corn Applesauce Milk	Chicken and Noodles w/Mini Potatoes Peas Oranges Milk	Chicken Sausage w/Rice Salad Seasonal Fruit Milk	Chef's Choice Milk
Snack	Pretzel Chips and Water	Pita and Dip and Water	Cheese Slices, Wheat Thins and Water	Snapea Crisps & Water	Veggie Straws

- This menu is subject to change at any time
- Substitutions can be made at any time due to food allergies
- Cold Cereal always available for breakfast as an alternate
- Cheerios always available as an optional snack and/or extra snack

