

THE CHILDREN'S NEST JANUARY 2013 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
All breads, buns, begals, and English Muffins are whole wheat	CLOSED HAPPY NEW YEAR	2. Chicken Bites Carrots and Broccoli Fruit Cocktail	3. Pizza Corn Applesauce	4. Cream of Potato Soup Green Peas Crackers Diced Peaches
	A.M. Cereal, Milk P.M. Ranch Crkrs.	A.M. Cereal and Milk P.M. Apples and Dip	A.M. Bagels, Cream Cheese P.M. Soft Pretzels	A.M. Eggs and Toast P.M. Goldfish, Juice
7. Ham and Cheese Wrap Mixed Vegetables Diced Pears	8. Lasagna Green Beans Spiced Apples	9. Chicken Alfredo Rice Peas Tropical Fruit	10. Fish Sandwich Potato Chips Cole Slaw Sweet Potatoes	11. Sloppy Joes Corn Mandarin Oranges
A.M. Biscuits and Jelly P.M. Fresh Fruit, Crkrs. Wtr.	A.M. Cereal and Milk P.M. Fig Newton's, Milk	A.M. Yogurt with Fruit, Crkrs P.M. Chips, Cheese, Dip	A.M. Blueberry Muffins P.M. Fresh Vegetables, Crkrs	A.M. French Toast Stix P.M. Cheese-Its, Juice
14. Chicken Dinos Green Beans Bread Apricots	15. Meatball Subs Broccoli Mixed Fruit	16. Corndog Nuggets Baked Beans Applesauce	17. Beef Stew Corn Pineapple	18. Chicken and Cheese Wraps Green beans Diced Pears
A.M. Cereal and Milk P.M. Cheese and Crackers	A.M. Oatmeal, Milk P.M. Animal Cookies, Juice	A.M. Waffles and Syrup P.M. Fresh Fruit, Crkrs.	A.M. Rice Cakes, Milk P.M. Trail Mix, Juice	A.M. Toast, Apple Butter P.M. Carrots, Celery, Dip
21. Ham Macaroni and Cheese Sweet Potatoes Pears	22. Fish Mashed Potatoes Green Beans Mandarin Oranges	23. Spaghetti with Meat Sauce Garden Salad Tropical Fruit	24. Chicken and Pasta Spinach Apricots	25. PB&J Sandwich Cream Cheese and Crackers Peaches
A.M. Yogurt and Fruit P.M. Chips and Salsa	A.M. Graham Crkrs, A. Butter P.M. Bann. Pudding, Wafers	A.M. Cereal and Milk P.M. Veg. Straws, Juice	A.M. Toast and Bananas P.M. Cheese-Its, Juice	A.M. Waffles, Syrup P.M. Ranch Crackers
28. Beef Tacos Peas and Carrots Pineapple	29. Meatballs and Noodles Baked Beans Mandarin Oranges	30. Chicken Dinos Greenbeans Spiced Apples	31. Vegetable and Beef Soup PB&J Sandwich Diced Pears	All meals and snacks are served with milk unless otherwise noted
A.M. Banana Bread P.M. Animal Crackers, Juice	A.M. Oatmeal, Milk P.M. Chips, Cheese Dip	A.M. Strawberry Muffins P.M. Banana Bread, Milk	A.M. Cereal and Milk P.M. Iced Oatmeal Cookies	MENU IS SUBJECT TO CHANGE