


January & February Supper 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	12) POP TART WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	13) ZUCCHINI BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	14) CEREAL AND CRACKER (2 OZ) WG (2.6 oz.) YOGURT (4oz) JUICE (4oz)
	17) PRETZEL WG (2oz) NACHO CHEESE (1oz) SF SEEDS(1oz) STRING CHEESE (1oz.) APPLE SLICES (1/2 Cup)	18) POP TART WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	19) BANANA BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	20) CEREAL AND CRACKER WG (2.0oz.) YOGURT (4oz) FRUIT CUP (4oz)
	23) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	24) NACHO WG (2oz) NACHO CHEESE (1oz) SF SEEDS(1oz) STRING CHEESE (1oz.) APPLE SLICES (1/2 Cup)	25) POP TART WG (3oz) CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	26) BANANA BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)
30) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	31) PRETZEL WG (2oz) NACHO CHEESE (1oz) SF SEEDS(1oz) STRING CHEESE (1oz.) APPLE SLICES (1/2 Cup)	1) FEBRUARY BENEFIT BAR WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	2) TUNA (1oz) CRACKERS (2oz) YOGURT (4oz) JUICE (1/2 Cup)	3) CEREAL AND CRACKER WG (2.0oz.) YOGURT (4oz) FRUIT CUP (4oz)
6) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	7) NACHOS WG (2oz) NACHO CHEESE (1oz) SFSEEDS(1oz) CHS. STICK (1oz.) APPLE (1/2 Cup)	8) CEREAL AND CRACKER WG (2.0oz.) YOGURT (4oz) FRUIT CUP (4oz)	9) PUMPKIN BREAD WG (3oz) YOGURT (4oz) SF SEEDS (1oz) JUICE (1/2 Cup)	10) BENEFIT BAR WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)
13) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	14) PRETZEL WG (2oz) NACHO CHEESE (1oz) SF SEEDS(1oz) STRING CHEESE (1oz.) APPLE SLICES (1/2 Cup)	15) CEREAL AND CRACKER WG (2.0oz.) YOGURT (4oz) FRUIT CUP (4oz)	16) MINI CINNI'S (2.5) YOGURT(4OZ) CHEESE (1OZ) JUICE 100% (4OZ)	17) PB&J WG (2.6 oz.) YOGURT (4oz) FRUIT CUP (4oz)
27) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	28) PRETZEL WG (2oz) NACHO CHEESE (1oz) SF SEEDS(1oz) STRING CHEESE (1oz.) APPLE SLICES (1/2 Cup)			
		VEGETABLES OFFERED ARE BROCCOLI, CARROTS, CUCUMBER SLICES, CELERY, CAULIFLOWER	DAILY MILK CHOICES 1% WHITE NON FAT CHOCOLATE	
		RED/YELLOW PEPPERS KIDNEY BEANS BEETS, GREEN PEAS SALAD		

