

Jones Montessori Academy



2024 JANUARY Menu

Dairy ≥ ½ c
 Meat/protein ≥ 1.5 oz meat; ¼ c
 beans or ¼ egg
 Vegetable ≥ ½ c
 Fruit ≥ ¼ c
 Whole Grains ≥ ¼ c

	Monday	Tuesday	Wednesday	Thursday	Friday
ANIMAL BEHAVIOR				4 B: cheerios, milk L: baked fish sticks, mashed potatoes, steamed carrots, milk S: berries, yogurt and granola; orange	5 B: french toast sticks, L: baked turkey meatballs, steamed green beans, diced pears, milk S: bananas and vanilla wafers; granola bar
ANIMAL HABITATS	8 B: waffle L: chicken nuggets, steamed carrots, applesauce, milk S: cheddar rice cakes w/ cream cheese and grapes; cheese stick	9 B: oatmeal L: Baked turkey meatballs, macaroni & cheese, steamed green beans, milk S: cheese and cracker bar (pepperoni, Turkey, salami, cheeses); granola bar	10 B: Cereal L: Chicken soft tacos, seasoned rice, black beans, mandarin oranges, milk S: CULINARY: make homemade apple cider, carrots, cucumbers, broccoli & ranch; orange	11 B: Turkey Jimmy Dean L: macaroni & cheese, steamed carrots, sweet peas, milk S: fruit salad and vanilla wafers; Nutrigrain bar	12 B: cinnamon raisin toast L: fish sticks, steamed broccoli, fruit cocktail, milk S: CULINARY: marshmallow pretzel snowflakes; cracker cheese package
ANIMAL HABITATS	15 	16 B: French toast sticks L: spaghetti, ranch spinach salad, roll, milk S: celery, Wow Butter, grapes & goldfish; apple slices	17 B: cereal L: hot dog bites, macaroni and cheese, steamed broccoli, milk S: CULINARY: homemade fruit salad; nutrigrain bar	18 B: english muffin and jelly L: meatloaf, mashed potatoes, creamed corn, milk S: cheese its and raisins; cheese stick,	19 B: nutrigrain bar L: baked chicken nuggets, steamed broccoli, unsweet applesauce, milk S: make your own trail mix, animal crackers, cheese stick
FOOD CHAIN	22 B: pancake sausage stick L: baked turkey meatballs, green beans, peaches, milk S: toast bar (jelly, wow butter, banana slices, etc.); carrots	23 B: yogurt L: spaghetti, steamed broccoli, mandarin oranges, milk S: raw veggies and ranch w/ cheese it's; orange	24 B: oatmeal L: fish sticks, steamed broccoli, steamed carrots, milk S: grapes & vanilla wafers; cheese stick	25 B: cereal L: baked chicken nuggets, green beans, unsweetened applesauce, milk S: grapes & apples w/ cheese cubes; cheese crackers	26 B: bagel & cream cheese L: pizza, carrots, juice box S: apple slices & vanilla wafers; nutrigrain bar
ENERGY	29 B: waffle L: spaghetti and meatballs, spinach salad, french bread, milk S: grapes and pretzels; cheese stick	30 B: cereal L: cheese quesadilla, steamed mixed veggies, mandarin oranges, milk S: banana, Wow butter & Graham crackers; orange	31 B: yogurt L: homemade chili; cornbread, steamed broccoli, apple slices, milk S: CULINARY: homemade chili & cornbread Animal crackers and apple slices cheese stick	1 B: Belvita breakfast cracker L: macaroni and cheese, hot dog bites, mandarin oranges, steamed peas, milk S: Animal crackers celery and wow butter boat, cheese stick & clementine	2 B: english muffin with jelly L: chicken nuggets, steamed carrots, unsweet applesauce, milk S: animal crackers & apple; cheese crackers package

B=breakfast

L=lunch

S=snack (AM, PM, and Late PM)