

Chai Tots Preschool – January

8	Pita , Sliced Cheese, orange wedges, Milk ~~~ Fish sticks Cous cous corn on the cob pineapple	9	cheerios Cereal, milk, apple ~~~ Meatballs spaghetti Cooked carrots Cantelope	10	Blueberry muffin, Banana, milk ~~~ Macaroni and cheese Sliced cucumber watermelon	11	Pancakes (Syrup), Watermelon, milk ~~~ Chicken bottoms sweet potato wedges sliced tomato honeydew	12	Cereal, milk, fruit salad ~~~ Pizza Tossed salad Grape juice
15	No School Teacher workday	16	Bagels, Cream Cheese, Apple, Milk ~~~ Meat Sauce Rice peas Cantelope	17	Crackers, American Cheese, Banana, milk ~~~ Baked ziti Caesar salad watermelon	18	Chocolate chip Muffin , Watermelon, milk ~~~ Shmitzel/ pargiot roasted potatoes sliced bread honeydew	19	Cereal, milk, fruit salad ~~~ Pizza Tossed salad Grape juice
22	Pita , Sliced Cheese, orange wedges, Milk ~~~ Fish sticks Cous cous corn on the cob pineapple	23	cheerios Cereal, milk, apple ~~~ Meatballs spaghetti Cooked carrots Cantelope	24	Blueberry muffin, Banana, milk ~~~ Macaroni and cheese Sliced cucumber watermelon	25	Pancakes (Syrup), Watermelon, milk ~~~ Chicken bottoms sweet potato wedges sliced tomato honeydew	26	Cereal, milk, fruit salad ~~~ Pizza Tossed salad Grape juice
29	Rice krispie cereal, Milk Orange wedges ~~~ Tuna Sliced bread Israeli Salad Pineapple	30	Bagels, Cream Cheese, Apple, Milk ~~~ Meat Sauce Rice peas Cantelope	31	Crackers, American Cheese, Banana, milk ~~~ Sliced turkey baguette mashed potatoes Corn on the cob watermelon				