


Little Inspirations Monthly Menu- January 2022

	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
January 3 rd -7 th Week 1	Breakfast	Oatmeal Bars Apples	Breakfast Pizza Peaches	French Toast Apples	Biscuits and Gravy Blueberries	Potato Pancakes Apple Sauce
	Lunch	Chicken Sandwich Green Beans Pears	Bean and Cheese Burrito Corn Fruit Cocktail	Beef Stroganoff Carrots Pineapple	Teriyaki Chicken Rice California Veggies Mandarin Oranges	Grilled Cheese Tomato Soup Assorted Fruit
	P.M. Snack	Cheese-its String Cheese	Cottage Cheese crackers	Bagels with Cream Cheese	Trail Mix Apples	Vanilla Wafers Yogurt
January 10 th -14 th Week 2	Breakfast	Fruit Muffins Banana	Egg Wraps Oranges	Pancakes Banana	English Muffin with Cream Cheese Fruit Cocktail	Cinnamon Toast Peaches
	Lunch	Patty Melt Hot Dish Broccoli/ Cauliflower Apples	Hot Dogs Baked Beans Pears	Chicken Cordon Blue Casserole Carrots apples	Soft Shell Tacos Corn Pineapple	Chicken Nuggets Tater Tots Assorted Fruit
	P.M. Snack	Corndog Bread	Pretzels Applesauce	Ritz Crackers Cheese Slices	Rice Krispies Milk	Battered green beans oranges
January 17 th -21 st Week 3	Breakfast	Bagels with Cream Cheese Bananas	Breakfast Sandwich Fruit Cocktail	Waffles Bananas	Oatmeal Blueberries	Banana Bread Apples
	Lunch	Meatball Sub Green Beans Pears	Chicken Alfredo Broccoli Apples	Spanish Rice Corn Oranges	Ranch Chicken Wraps Carrots Pineapple	Mini Corn Dogs Baked Beans Assorted Fruit
	P.M. Snack	String Cheese Saltines	Cheese Filled Pretzels	Granola Bars Milk	Chocolate Hummus Apples	Animal Crackers Oranges
January 24 th -28 th Week 4	Breakfast	Cereal bars Apples	Scrambled Eggs Toast Banana	Pancake and Sausage Wrap Mandarin Oranges	Ham and Potato Casserole Banana	Strawberry Bruschetta
	Lunch	Ravioli California Veggies Pears	Chicken and Rice Broccoli Fruit Cocktail	Tater tot Casserole Peas Apples	English Muffin Pizza Green Beans Pineapple	Fish Sticks Mashed Potatoes Assorted Fruit
	P.M. Snack	Frozen Yogurt & Graham Cracker Sandwich	Spiced Apples Granola	Cinnamon Crisps Milk	Oyster Crackers String Cheese	Broccoli cheese cups
January 31 st Week 5	Breakfast	Granola Bars banana				
	Lunch	Spaghetti Corn Fruit Cocktail				
	P.M. Snack	Saltines Cheese Cubes				

Milk is served with breakfast and lunch daily