

## Merritt Academy K3-8<sup>th</sup> Menu January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p><b>Merritt Closed for New Year's Holiday</b></p>	<p><b>2 Winter Break:</b> Chicken Nuggets, Coin Carrots, Pineapple Chunks &amp; Milk</p> <p>Rice Chex Cereal Diced Pears</p>	<p><b>3 Winter Break:</b> Turkey Hotdogs, Baked Beans, Mandarin Oranges &amp; Milk</p> <p>Carrot Sticks+ Ranch Dressing* Sliced Peaches</p>	<p><b>4 Winter Break:</b> Beef Meatball* Sub w/Shredded Mozzarella Cheese*, Chips+, Tropical Fruit &amp; Milk</p> <p>String Cheese* Banana</p>
<p><b>7 Meatless Monday:</b> Baked Mac &amp; Cheese* Sliced Carrots, Diced Pears &amp; Milk</p> <p>Lorna Doone Diced Peaches</p>	<p><b>8</b> Fish Sticks, Succotash, Pineapple Tidbits, &amp; Milk</p> <p>Mini Bagels+ w/Cream Cheese* Tropical Fruit</p>	<p><b>9</b> Chicken Tenders, Mixed Vegetables, Fresh Cantaloupe, &amp; Milk</p> <p>Cheez-It Crackers+ Granny Smith Apples+</p>	<p><b>10 Breakfast for Lunch:</b> Pancakes* with Syrup, Turkey Sausage Patty, Applesauce &amp; Milk</p> <p>Animal Crackers Pineapple Chunks</p>	<p><b>11</b> Ham &amp; Cheese* on a Whole Wheat Bun, Chips+, Sliced Peaches &amp; Milk</p> <p>Teddy Grahams+ Banana</p>
<p><b>14</b></p> <p><b>Merritt Closed for MLK, Jr. Holiday</b></p> 	<p><b>15</b> Beef Meatballs*, Brown Rice, Mixed Vegetables, Sliced Peaches &amp; Milk</p> <p>Cheese Cubes* Ritz Crackers Tropical Fruit</p>	<p><b>16</b> Mini Turkey Corndogs*, Coin Carrots, Pineapple Tidbits &amp; Milk</p> <p>Apple Cinnamon Cheerios Applesauce</p>	<p><b>17</b> Sloppy Joe on a Whole Wheat Bun, Mixed Vegetables, Pineapple Tidbits &amp; Milk</p> <p>Pineapple Chunks Saltine Crackers</p>	<p><b>18</b> Chicken Patty on a Bun, Chips+, Mandarin Oranges &amp; Milk</p> <p>Fig Newtons Granny Smith Apples+</p>
<p><b>21 Meatless Monday:</b> Spaghetti w/Marinara, Roll, Green Beans, Applesauce &amp; Milk</p> <p>Rice Cakes+ Tropical Fruit</p>	<p><b>22 Taco Tuesday:</b> Ground Beef, Lettuce+, Cheese*, Tortilla Chips+, Corn, Sour Cream*, Pineapple Chunks &amp; Milk</p> <p>Goldfish Fuji Apples+</p>	<p><b>23</b> Chicken Nuggets, Peas &amp; Diced Carrots, Fresh Melon &amp; Milk</p> <p>Mini Blueberry Muffins* Sliced Peaches</p>	<p><b>24 Breakfast for Lunch:</b> Waffles* w/Syrup, Turkey Sausage Patty, Corn, Applesauce &amp; Milk</p> <p>Nutri-Grain Bar Diced Pears</p>	<p><b>25</b> Turkey on a Whole Wheat Bun, Lettuce+, Tomato+, Chips+, Carrot Bites+, Tropical Fruit &amp; Milk</p> <p>Graham Crackers Banana</p>
<p><b>28 Meatless Monday:</b> Cheese Pizza*, Green Peas, Pineapple Tidbits &amp; Milk</p> <p>'Nilla Wafers* Mandarin Oranges</p>	<p><b>29</b> Turkey Hotdog on a Bun, Baked Beans, Applesauce &amp; Milk</p> <p>Rice Chex Cereal Sliced Peaches</p>	<p><b>30</b> Chicken Parmesan* w/Spaghetti, Green Beans, Tropical Fruit &amp; Milk</p> <p>Mini Bagels+ w/Cream Cheese* Anjou Pears+</p>	<p><b>31</b> Meatloaf, Mashed Potatoes*, Mixed Vegetables, Diced Pears &amp; Milk</p> <p>Ritz Crackers Fuji Apples</p>	<p><b>Feb 1</b> Cheese* on a Whole Wheat Bun, Chips+, Fresh Melon &amp; Milk</p> <p>Hummus w/Pretzels+ Sliced Peaches</p>

\*Items marked with an asterisk may contain dairy; Note: Most bread items are made with milk. +Items marked + Vegetable Substitution VEGGIES AND FRUITS MAY BE SUBSTITUTED WITHOUT NOTICE. += MENU ITEMS WILL BE SUBSTITUTED BASED ON CLASSROOM AGE GROUPS AND EATING ABILITY. Menu items may be subject to change based on suppliers and seasonality of produce