



Pleasant Hill Academy

JANUARY

Fresh Fruit is served for Morning Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 C L O S E D	2 Breakfast: Oatmeal Apples Lunch: Pasta w/ Alfredo Italian Vegetables Pineapple PM Snack: Cheddar Cheese Wheat Crackers	3 Breakfast: Blueberry Muffins Mixed Fruits Lunch: Smothered Chicken Black Eye Peas Basmati Rice Mixed Fruits PM Snack: Spinach Dip w/ Pita Bread	4 Breakfast: Whole Grain Cereal Bananas Lunch: BBQ Chicken Green Beans Baked Beans Fruit Cocktail PM Snack: Orange Slices
7 Breakfast: English Muffins w/ Sun Butter Jam Mixed Fruits Lunch: Sweet & Tangy Chicken Basmati Rice Mixed Vegetables Pears PM Snack: Tortilla Chips w/ Salsa	8 Breakfast: Scrambled Eggs Turkey Sausage Lunch: Meatloaf Mashed Potatoes Buttered Peas Fruit Medley PM Snack: Wheat Crackers String Cheese	9 Breakfast: Cream of Wheat Fruit Salad Lunch: Cheese Lasagna Steamed Broccoli Mixed Fruits PM Snack: Homemade Banana Bread	10 Breakfast: Vanilla Yogurt Pineapples Lunch: Chicken Noodle Soup Corn Muffins Fruit Medley PM Snack: Apple Crisp	11 Breakfast: French Toast Sticks Mixed Fruit Lunch: Turkey Burgers Buttered Corn Sliced Apples PM Snack: Pita Chips w/ Hummus
14 Breakfast: Cheese Toast w/ Turkey Sausage Mixed Fruits Lunch: Homemade Macaroni Cheese Peas & Carrots Fruit Medley PM Snack: Sliced Apples/ Cheese Sticks	15 Breakfast: Waffles Pears Lunch: Grilled Chicken Mashed Potatoes Green Peas Fruit Medley PM Snack: Graham Crackers w/ Peaches	16 Breakfast: Oatmeal Peaches Lunch: Homemade Chili Corn Bread PM Snack: Saltine Crackers w/ Cheese Triangles	17 Breakfast: Cream of Wheat Apples Lunch: Herb Chicken Rice Pilaf Glazed Carrots Fruit Medley PM Snack: Vanilla Yogurt Peaches	18 Breakfast: Whole Grain Cereal Bananas Lunch: Cheese Pizza Green Peas Sliced Oranges PM Snack: Homemade Oatmeal Bars
21 Breakfast: Vanilla Yogurt Fruit Cocktail Lunch: Pasta w/ Meat Sauce Green Beans Fruit Medley PM Snack: Graham Crackers w/ Bananas	22 Breakfast: Biscuits w/ Turkey Sausage Mixed Fruits Lunch: Hearty Vegetable Soup Wheat Rolls Pineapple PM Snack: Guacamole w/Pita Chips	23 Breakfast: Cheese Grits Mixed Fruit Lunch: Corn Taco Shell w/ Ground Turkey Buttered Corn Pears PM Snack: Seasonal Fruit	24 Breakfast: Hash Browns Turkey Sausage Fruit Salad Lunch: Chicken Enchilada Casserole Pineapple PM Snack: Vanilla Wafers	25 Breakfast: Cream of Wheat Sliced Oranges Lunch: Homemade Shepard's Pie Peaches PM Snack: Cheese Its Mixed Fruit
28 Breakfast: Cinnamon Toast Mixed Fruits Lunch: Cheese Pizza Carrots Pineapple PM Snack: Sun Butter w/ Wheat Crackers	29 Breakfast: Pancakes Fruit Salad Lunch: Turkey Meatballs Mashed Potatoes Mixed Vegetables Pears PM Snack: Homemade Oatmeal Bars	30 Breakfast: Oatmeal Mixed Fruits Lunch: Tomato Vegetable Soup Grilled Cheese Sandwich Fruit Medley PM Snack: Turkey & Cheese Roll Ups	31 Breakfast: Whole Grain Cereal Fresh Banana Lunch: Broccoli w/ Chicken Casserole Fruit Cocktail PM Snack: Cheddar Cheese Wheat Crackers	

Whole milk is served to children under two years of age and 1% milk to children over two years of age.
Milk is served with Breakfast, AM Snack and Lunch. Water is served at PM Snack.