

January Menu

KLA Schools of Sweetwater



Monday	Tuesday	Wednesday	Thursday	Friday
			 SCHOOL CLOSED	1 2 SCHOOL CLOSED STAFF PROFESSIONAL DEVELOPMENT DAY
AM Snack: Crackers & Yogurt Lunch: Cheese Tortellini; sweet corn; peaches; milk PM Snack: Naan bites with marinara sauce	5 AM Snack: Turkey & Cheese (V: Cheese and Fresh Fruit) Lunch: Bean & Cheese Tacos; mixed veggies; unsweetened applesauce; milk PM Snack: Crackers & Yogurt	6 AM Snack: Waffles & Sunbutter Lunch: Mac & Cheese; steamed veggies; mixed fruit; milk PM Snack: Crackers & Cheese	7 AM Snack: Fresh fruit & Whole Wheat Toast Lunch: Fish Sticks; green beans; pineapple & oranges; milk PM Snack: Crackers & Fresh Fruit	8 AM Snack: Whole Wheat Toast & unsweetened applesauce Lunch: Grilled Cheese sandwich; steamed veggies; bananas; milk PM Snack: Whole Grain Fruit Bar
AM Snack: Turkey & Cheese (V: Cheese and Fresh Fruit) Lunch: Penne Alfredo; steamed veggies; peaches; milk PM Snack: Whole Wheat Toast with Sunbutter	12 AM Snack: Fresh Fruit & Yogurt Lunch: Chicken and Rice casserole; steamed veggies; mixed fruit; milk PM Snack: Naan bites with marinara sauce	13 AM Snack: Fresh Fruit & Cheese Lunch: Chicken & Cheese Quesadillas; mixed veggies; unsweetened applesauce; milk PM Snack: Waffles with Sunbutter	14 AM Snack: Whole Wheat Toast with Jam Lunch: Chicken nuggets; green beans; pineapple & oranges; milk PM Snack: Whole Grain Fruit Bar	15 AM Snack: Crackers & Fresh Fruit Lunch: Turkey & Cheese sandwich; steamed veggies; bananas; milk PM Snack: Whole Grain Fruit Bar
AM Snack: Crackers & Fresh Fruit Lunch: Bean & Cheese tacos; mixed veggies; unsweetened applesauce; milk PM Snack: Naan bites with marinara sauce	19 AM Snack: Turkey & Cheese (V: Cheese and Fresh Fruit) Lunch: Spaghetti with meat sauce; sweet corn; pineapple; milk PM Snack: Whole Grain fruit bar	20 AM Snack: Waffles & Sunbutter Lunch: Pasta with Meatballs; Sweet corn; peaches; milk PM Snack: Crackers & Cheese	21 AM Snack: Fresh fruit & Whole Wheat Toast Lunch: Fish Sticks; green beans; pineapple & oranges; milk PM Snack: Belvita Biscuit & Fresh Fruit	22 AM Snack: Whole Wheat Toast & unsweetened applesauce Lunch: Grilled Cheese sandwich; steamed veggies; bananas; milk PM Snack: Whole Grain Fruit Bar
AM Snack: Turkey & Cheese (V: Cheese and Fresh Fruit) Lunch: Mac & Cheese; steamed veggies; mixed fruit; milk PM Snack: Whole Wheat Toast with Sunbutter	26 AM Snack: Fresh Fruit & Yogurt Lunch: Bean & Cheese tacos; mixed veggies; unsweetened applesauce; milk PM Snack: Naan bites with marinara sauce	27 AM Snack: Fresh Fruit & Cheese Lunch: Chicken eggroll; steamed veggies; mixed fruit; milk PM Snack: Waffles with Sunbutter	28 AM Snack: Whole Wheat Toast with Jam Lunch: Chicken nuggets; green beans; pineapple & oranges; milk PM Snack: Whole Grain Fruit Bar	29 AM Snack: Multigrain Cheerios & Fresh Fruit Lunch: Grilled Cheese sandwich; steamed veggies; bananas; milk PM Snack: Whole Grain Fruit Bar

Vegetarian lunch options are available and will be served for all dietary restrictions.

*Menu Subject to Change **KLA is a nut-free facility ***Water is served with each meal