

## Parish Day School Menu January 2022

	<b>Monday 3</b>	<b>Tuesday 4</b>	<b>Wednesday 5</b>	<b>Thursday 6</b>	<b>Friday 7</b>
<b>Early AM Snack</b>	Cinnamon Chex Milk	Cinnamon Wheat toast Milk	Yogurt Granola	Chocolate Chex Milk	Cheerios Milk
<b>AM Snack</b>	Wheat crackers Cheese sticks	Ritz cracker Oranges	Cheese crackers Apples	Vanilla wafers Bananas	Graham crackers Apples
<b>Lunch (with skim milk)</b>	Tyson Chicken nuggets Wheat roll Corn Peaches	Macaroni and cheese Broccoli Pears	Baked chicken Rice Peas Pineapple	Spaghetti with meat sauce Green beans Mixed fruit	Grilled cheese on wheat bread Cucumbers Oranges
<b>PM Snack</b>	Graham crackers Apple juice	Animal crackers Bananas	Oyster crackers Apple juice	Wheat saltines Cheese	Managers choice Apple juice

	<b>Monday 10</b>	<b>Tuesday 11</b>	<b>Wednesday 12</b>	<b>Thursday 13</b>	<b>Friday 14</b>
<b>Early AM Snack</b>	Cinnamon Chex Milk	Wheat toast milk	Bananas Milk	Cheerios Milk	Blueberry muffins Milk
<b>AM Snack</b>	Ritz crackers Cheese sticks	Wheat crackers Oranges	Animal crackers Apples	Graham crackers Bananas	Veggie straws Yogurt
<b>Lunch (with skim milk)</b>	Fish sticks Wheat roll Green beans Applesauce	Chicken noodle soup Wheat roll Peas Pears	Cheese quesadillas Corn Peaches	Chicken ranch wraps Broccoli Pineapple	Ham and cheese on wheat bread Cucumbers Apples
<b>PM Snack</b>	Vanilla wafers Apple juice	Oyster crackers Bananas	Cheese crackers Apple juice	Wheat Saltine cracker Cheese	Ritz crackers Apple juice

*Menu is subject to change due to availability.*  
Managers choice may consist of any snack on the menu.

## Parish Day School Menu January 2022

	<b>Monday 17</b>	<b>Tuesday 18</b>	<b>Wednesday 19</b>	<b>Thursday 20</b>	<b>Friday 21</b>
<b>Early AM Snack</b>		Cinnamon Chex Milk	Yogurt Granola	Pancakes Milk	Cheerios Milk
<b>AM Snack</b>		Wheat saltines Cheese	Ritz crackers Oranges	Vanilla wafers Bananas	Apple sauce Goldfish
<b>Lunch (with skim milk)</b>	PDS closed Martin Luther King Day	Tyson Chicken nuggets Wheat roll Green beans Applesauce	Macaroni and cheese Broccoli Pears	Chicken Tacos Corn Pineapple	Grilled cheese on wheat bread Carrots Apples
<b>PM Snack</b>		Graham crackers Bananas	Oyster crackers Apple juice	Wheat crackers Cheese stick	Manager choice Apple juice

	<b>Monday 24</b>	<b>Tuesday 25</b>	<b>Wednesday 26</b>	<b>Thursday 27</b>	<b>Friday 28</b>
<b>Early AM Snack</b>	Cinnamon Chex Milk	Wheat toast Milk	Bananas Milk	Cheerios Milk	Banana muffins Milk
<b>AM Snack</b>	Wheat cracker Cheese sticks	Ritz crackers Oranges	Apples Cheese crackers	Graham crackers Bananas	Rice Chex Yogurt
<b>Lunch (with skim milk)</b>	Spaghetti with meat sauce Green beans Pears	Chicken teriyaki Rice Broccoli Pineapple	Cheese quesadillas Corn Peaches	Pancakes Eggs Hash browns Oranges	Turkey and cheese on wheat bread Cucumbers Apples
<b>PM Snack</b>	Cheese crackers Apple juice	Vanilla wafers Bananas	Oyster crackers Apple juice	Wheat saltine Cheese	Managers choice Apple Juice

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# Parish Day School Menu January 2022

	<b>Monday 31</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Early AM Snack</b>					
<b>AM Snack</b>					
<b>Lunch (with skim milk)</b>	PDS closed Parent teacher conferences				
<b>PM Snack (with water unless otherwise noted)</b>					

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Managers choice may consist of any snack on the menu.