

Parish Day School Menu January 2024

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Early AM Snack		Cinnamon Chex Milk	Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack	PDS Closed Happy New Year	Ritz cracker Cheese sticks	Wheat crackers Oranges	Cheese crackers	Vanilla wafers Bananas Rm's 13&20 Kroger brand
Lunch (with skim milk)		Tyson Chicken nuggets Wheat roll Green beans Applesauce	Baked chicken Rice Peas Pineapple	Macaroni and cheese Broccoli Pears	Turkey and cheese on wheat bread Cucumbers Oranges
PM Snack		Graham cracker	Oyster crackers	Wheat saltines Cheese	Managers choice Apple juice
		Apple juice Rm 20 Kroger brand	Apple juice Rm 20 Saltine crackers		

All highlighted items contain or may contain traces of egg.

Blue highlight items are on the menu and served in other rooms. An egg free substitute will be served to room 13 and 20.

Yellow highlight items are served in room 13 and 20 and cannot be substituted.

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

Parish Day School Menu January 2024

	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Cheerios Milk	Blueberry muffins Milk
AM Snack	Ritz crackers Cheese sticks	Wheat crackers Oranges	Animal crackers Apples Rm's 13&20 Fig bars	Graham crackers Bananas Rm's 13&20 Kroger brand	Veggie straws Yogurt
Lunch (with skim milk)	Fish sticks Wheat roll Green beans Peaches	Chicken noodle soup Wheat roll Peas Mix fruit	Grilled cheese Tomato soup Carrots Pears	Beef Tacos Corn and Beans Pineapple	Ham and cheese on wheat bread Cucumbers Apples
PM Snack	Oyster crackers Apple juice Rm 20 Saltine cracker	Vanilla wafers Bananas Rm 20 Kroger brand	Cheese crackers Apple juice	Wheat Saltine cracker Cheese	Ritz crackers Apple juice

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Parish Day School Menu January 2024

	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Early AM Snack		Cinnamon Chex Milk	Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack	PDS Closed Martin Luther King Jr. Day	Wheat saltines Cheese	Ritz crackers Apples	Vanilla wafers Bananas Rm's 13&20 Kroger brand	Apple sauce Goldfish
Lunch (with skim milk)		Tyson Chicken nuggets Wheat roll Green beans Peaches	Beef and noodles Peas Mix fruit	Cheese quesadillas Corn Pears	Cheeseburger sliders with pickle French fries Oranges
PM Snack		Animal crackers Rm 20 Fig bar Bananas	Oyster crackers Apple juice Rm 20 Saltine cracker	Wheat crackers Cheese stick	Manager choice Apple juice

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Parish Day School Menu January 2024

	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Yogurt Granola Milk	Cheerios Milk
AM Snack	Wheat cracker Cheese sticks	Cheese crackers Apples Rm's 13&20 Kroger brand	Ritz crackers Oranges	Graham crackers Bananas Rm's 13&20 Kroger brand	Pretzels Pickles
Lunch (with skim milk)	Spaghetti with meat sauce Green beans Pears	Chicken teriyaki Rice Broccoli Peaches	Cheese quesadillas Corn Mixed fruit	Pancakes Syrup Eggs Hash browns Oranges Rm's 13&20 Sausage links	Turkey and cheese on wheat bread Cucumbers Apples
PM Snack	Animal cracker Apple juice Rm 20 Fig bar	Vanilla wafers Bananas Rm 20 Kroger brand	Oyster crackers Apple juice Rm 20 Saltine cracker	Wheat saltine Cheese	Managers choice Apple Juice

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Parish Day School Menu January 2024

	Monday 29	Tuesday 30	Wednesday 31	Thursday Feb.1	Friday Feb.2
Early AM Snack		Cinnamon Chex Milk	Yogurt Granola	Banana Milk	Cheerios Milk
AM Snack	PDS Closed Parent Teacher Conferences	Wheat saltine Cheese	Vanilla wafers Banana Rm's 13&20 Kroger brand	Ritz crackers Apples	Banana bread Milk Rm's 13&20 Fig bars
Lunch (with skim milk)		Tyson chicken nuggets Green beans Applesauce	Baked ziti Salad Pineapple	Chicken ranch wraps Broccoli Pears	Ham and cheese on wheat bread Carrots Oranges
PM Snack (with water unless otherwise noted)		Animal crackers Banana Rm 20 Fig bar	Wheat crackers Apple juice	Oyster crackers Cheese stick Rm 20 Saltine crackers	Managers choice Apple juice

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