

Parish Day School Menu January 2026

	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Yogurt Granola	Banana Milk	Cheerios Milk
AM Snack	Wheat saltines Cheese	Ritz cracker Oranges	Kroger Vanilla wafers Bananas	Cheez-It Apples	Banana bread Milk Rm 17 Cereal bar
Lunch (with skim milk)	Tyson Chicken nuggets Wheat roll Green beans Applesauce	Macaroni and cheese Broccoli Pears	Ham and cheese rollups Carrots Fresh fruit	Baked ziti Salad Mixed fruit	Turkey and cheese on wheat bread Cucumbers Fresh fruit
PM Snack	Animal cracker Apple juice	Honey Maid Graham crackers Banana	Oyster crackers Apple juice	Wheat crackers Cheese sticks	Managers choice Apple juice

All highlighted items contain or may contain traces of egg.

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

Parish Day School Menu January 2026

	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
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	Cinnamon toast crunch Apples	Honey Maid Graham crackers Bananas	Pretzels Yogurt
Lunch (with skim milk)	Fish sticks Wheat roll Green beans Applesauce	Chicken noodle soup Wheat roll Peas Pears	Beef Tacos Corn and black beans Peaches	Baked chicken Rice Broccoli Pineapple	Ham and cheese on wheat bread Cucumbers Apples
PM Snack	Chex Apple juice	Kroger Vanilla wafers Bananas	Oyster crackers Apple juice	Wheat Saltine cracker Cheese	Managers choice Apple juice

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Parish Day School Menu January 2026

	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Early AM Snack		Fruit and grain cereal bar Milk	Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack		Wheat saltines Cheese	Lucky Charms Oranges	Kroger Vanilla wafers Bananas	Apple sauce Goldfish
Lunch (with skim milk)	Martin Luther King JR Day School Closed	Tyson Chicken nuggets Wheat roll Green beans Mixed fruit	Cheese quesadillas Corn Pears	Beef and noodles Peas Peaches	Turkey and cheese on wheat bread Carrots Apples
PM Snack		Honey Maid Graham crackers Apple juice	Oyster crackers Apple juice	Wheat crackers Cheese stick	Manager choice Apple juice

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Parish Day School Menu January 2026

	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Early AM Snack		Fruit and grain cereal bar Milk	Bananas Milk	Yogurt Granola Milk	Cheerios Milk
AM Snack		Ritz crackers Oranges	Wheat cracker Cheese sticks	Honey Maid Graham crackers Bananas	Pretzels Yogurt
Lunch (with skim milk)	No School Parent Teacher Conference	Tyson chicken nuggets Wheat roll Green beans Applesauce	Pancakes Syrup Hash browns Sausage links Oranges	Grilled cheese Tomato soup Carrots Mixed fruit	Ham and cheese on wheat bread Cucumbers Apples
PM Snack		Kroger Vanilla wafers Bananas	Oyster crackers Apple juice	Wheat saltine Cheese	Managers choice Apple Juice

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