

January

Monday, January 1st Tuesday, January 2nd Wednesday, January 3rd Thursday, January 4th Friday, January 5th

center
closed for
new years
day

Rice Krispies, pears
Sn: Cucumber slices w/
ranch
(peeled for Tod's)
**Grilled Cheese sand, chili,
pears**
Sn: Animal crackers, milk

Omelets, fruit mix
Sn: Rice cakes, juice
**Cheeseburger macaroni,
peas, fruit mix**
Sn: Cheese Ritz bits, water

Waffles, peaches
Sn: Celery w/soy butter
Tod: Veggie Straws
**Meatballs, mashed pota-
toes, carrots, peaches**
Sn: Pretzels w/ ranch

**Oatmeal w/apples, butter
toast**
Sn: Cottage cheese, juice
**Pizza pasta, salad w/
ranch, pineapple**
Sn: Trail mix



Warm up from the inside!

Soup and sandwich is a great choice for those cold winter months, but the soup isn't the only place to add those yummy veggies!

Try adding any of the following to a classic grilled cheese sandwich.

- * Tomato slices 
- * Chopped broccoli 
- * Spinach 
- * Grilled zucchini 

Monday, January 8th Tuesday, January 9th Wednesday, January 10th Thursday, January 11th Friday, January 12th

Kix cereal, pears
Sn: Raisins, goldfish
Tod: Goldfish, juice
**Corn dogs, cooked carrots,
pears**
Sn: String cheese & tortilla wrap

Blueberry bread, mandarin oranges
Sn: Apple slices with string cheese
**Turkey sand, veggie soup,
mandarin oranges**
Sn: Veggie Straws, juice

Whole wheat french toast stix, fruit mix
Sn: Graham crackers, applesauce
avanti's day
Sn: Cheddar cheese cubes & pita chips

Ham, egg and cheese casserole, peaches
Sn: Bananas, cheerios
**Chicken patty on a bun,
tator tots, peas,
peaches**
Sn: Grapes, yogurt
Tod: Fruit, yogurt

Bagels w/ cream cheese, pineapple
Sn: Pretzel bites w/ cheese sauce
Beef Ravioli, California blend veggies, pineapple
Sn: Nutrigrain bars



Little Jewels is a
Peanut Free Zone

Happy New Years from your Little Jewels Family!

Regular Menu



Monday, January 15th Tuesday, January 16th Wednesday, January 17th Thursday, January 18th Friday, January 19th

Crispix cereal, peaches
 Sn: Orange slices, saltines
 Toddler: Mandarin oranges, saltines
Goulash, corn, peaches
 Sn: Chips, salsa

Raspberry bread, fruit mix
 Sn: Animal crackers, milk
Bologna sand, cheesy potato soup, cooked carrots, fruit mix
 Sn: Apple crisp, water

Cinnamon toast, mandarin oranges
 Sn: Gogurt, juice
Baked mac n cheese bites, green beans, mandarin oranges
 Sn: 100 Calorie Oreo crisps, milk

Yogurt w/ rice krispies, applesauce
 Sn: Carrots w/ ranch
 Tod: Shredded carrots w/ ranch
Grilled chicken, peas, applesauce
 Sn: Cheez-its, juice

Pancakes, pears
 Sn: Pita chips, hummus
Pizza, salad w/ ranch, pears
 Sn: Mandarin oranges, graham crackers

New Year's Resolutions from the Pre-K kids!
 To be a ballerina- Atley
 To be really good at ice skating. -Kylee
 To spend more time with my Mom. -Alaina
 For a butterfly to land on my finger because it's good luck. -Justin
 I want to be a better friend. -Emerson
 I want to learn more sight words before kindergarten. -Khloe B

Monday, January 22nd Tuesday, January 23rd Wednesday, January 24th Thursday, January 25th Friday, January 26th

Life cereal, fruit mix
 Sn: Cottage cheese, juice
Chicken nuggets, corn, mashed potatoes, fruit mix
 Sn: Apple Cinnamon tortilla wrap

Cinnamon bread, pears
 Sn: Applesauce, graham crackers
Grilled ham and cheese sand, tomato soup, pears
 Sn: Elf Grahams, juice

Breakfast burrito, pineapple
 Sn: Celery w/ ranch
 Tod: Veggie straws
Fish Shapes, broccoli w/ cheese, pineapple
 Sn: Club crackers, cheese

Hash brown and sausage casserole, peaches
 Sn: Apple slices w/ soy butter
Fettuccini alfredo, peas, peaches
 Sn: Peach crisp, water

Whole wheat French toast sticks, mandarin oranges
 Sn: Cheese Ritz bits, juice
Scrambled Eggs, toast, hash brown, mandarin oranges
 Sn: Trail mix

Monday, January 29th Tuesday, January 30th Wednesday, January 31st

Cinnamon Chex, applesauce
 Sn: Raisins, goldfish
 Tod: Goldfish, juice
Ribs on mini bun, peas, applesauce
 Sn: Nutrigrain bars

Pumpkin bread, fruit mix
 Sn: Chex Mix, juice
Spaghetti w/ meat sauce, salad w/ranch, fruit mix
 Sn: Bananas, cheerios

Cinnamon rolls, pears
 Sn: Orange slices, saltines
 Tod: Mandarin oranges, saltines
Turkey slices w/gravy, mashed potatoes, green beans, pears
 Sn: Popcorn, juice

Snow Ice Cream

1 c of Milk (any kind)
 1/3 c granulated sugar
 1 tsp vanilla extract
 1 pinch of salt
 8 c clean snow or shaved ice
 Sprinkles...optional

Stir all ingredients, except sprinkles together in a bowl. Add snow and mix until consistency is right. Add sprinkles on top. Enjoy immediately!

Just in case...



****Regular Menu****