



## RAMS



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider. Menus are subject to change.



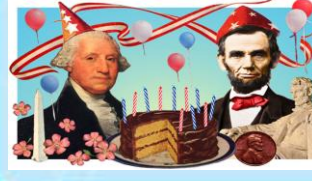
### Monday



### Tuesday



### Wednesday



### Thursday

### Friday

**Taco Crunch** 5  
PBJ: Yogurt - Goldfish  
 Lettuce / Tomato  
 Corn / Salsa  
 Pineapple (BLUE)

**Mac & Cheese with** 6  
Garlic Toast & Little Smokies  
PBJ - Cheese Stick - Goldfish  
 Caesar Salad / Carrots  
 Chilled Pears (GOLD)

**Hot Ham and Cheese** 7  
PBJ - Yogurt - Goldfish  
 Tater Tots  
 Baked Beans  
 Tropical Fruit (BLUE)

**Chicken Nuggets / Roll** 1  
PBJ: Yogurt - Goldfish  
 Mashed Potato / Gravy  
 Peas  
 Fresh Fruit (BLUE)

**Pepperoni Pizza** 2  
PBJ: Cheese Stick - Goldfish  
 Salad & Carrots  
 Fresh Oranges  
 Chocolate Chip Cookie (GOLD)

**Burrito w/ cheese Sauce** 12  
PBJ: - Cheese Stick - Goldfish  
 Lettuce / Tomato  
 Corn  
 Salsa  
 Fruit Cocktail (GOLD)

**Spaghetti / Breadstick** 13  
PBJ: Yogurt - Goldfish  
 Salad & Broccoli  
 Chilled Peaches  
 Yogurt (BLUE)

**Cheese Burger** 14  
PBJ: - Cheese Stick - Goldfish  
 Lettuce / Tomato  
 Baked Beans  
 Fries  
 Applesauce

**Chicken Nuggets / Roll** 8  
PBJ: Cheese Stick - Goldfish  
 Mashed Potato / Gravy  
 Green Beans  
 Fresh Fruit (GOLD)

**Cheese Max Stick/ Marinara** 9  
PBJ: Yogurt - Goldfish  
 Salad & Carrots  
 Mandarin Oranges  
 Rice Krispy Treat (BLUE)



**Crispitos w/ Cheese Sauce** 26  
PBJ: Cheese Stick - Goldfish  
 Lettuce / Tomato  
 Corn / Salsa  
 Pineapple (GOLD)

**Sweet & Sour Chicken** 20  
With Egg Roll  
PBJ: Cheese Stick - Goldfish  
 Rice / Chilled Pears (GOLD)  
 Cucumber and Peppers w/Ranch

**Pig In A Blanket** 21  
PBJ: Yogurt - Goldfish  
 Fries  
 Baked Beans  
 Tropical Fruit (BLUE)

**Chicken Nuggets / Roll** 15  
PBJ: Yogurt - Goldfish  
 Mashed Potato / Gravy  
 Peas  
 Fresh Fruit (GOLD)

**Cheese Pizza** 16  
PBJ: Cheese Stick - Goldfish  
 Salad & Carrots  
 Fresh Oranges  
 January Birthdays (BLUE)

**Chicken Nuggets / Roll** 22  
PBJ: Cheese Stick - Goldfish  
 Mashed Potato / Gravy  
 Green Beans  
 Fresh Fruit (GOLD)

**Cheese Max Stick/ Marinara** 23  
PBJ: Yogurt - Goldfish  
 Salad & Carrots /  
 Mandarin Oranges  
 Apple Crisp (BLUE)

**Chili with Crackers** 27  
PBJ: Yogurt - Goldfish  
 Celery with Peppers and Ranch  
 Chilled Peaches  
 Cinnamon Roll (BLUE)

**Grilled Cheese** 28  
PBJ: Cheese Stick - Goldfish  
 Tomato Soup  
 Salad with Broccoli  
 Applesauce (GOLD)

