

Learning Ladder Breakfast, Lunch & Snack Menu January 2024

A breakfast bar and milk are served daily at 7:45 as an early morning snack

Monday	Tuesday	Wednesday	Thursday	Friday
1. CLOSED	2. Cereal Apples Pretzels, Oranges	3. English Muffins Banana Banana Bread, Fresh Fruit	4. Smoothie Cinnamon Toast Bars Yogurt, Grahams	5. Bagels w/ Cream Cheese Oranges Cheese, Crackers
8. Cereal Apples Trail Mix, Fresh Fruit	9. Bagels w/ Cream Cheese Oranges Veggie Pizza, Fresh Fruit	10. English Muffins Banana Pumpkin Bars Craisins	11. Oatmeal Peaches Apple Pastries Craisins	12. Pancakes Strawberries Cottage Cheese, Pineapple
15. Cereal Apples Seasoned Oyster Crackers Fruit Salad	16. Bagels w/ Cream Cheese Oranges Apple Muffins Fresh Fruit	17. English Muffins Apples Banana Bread, Fresh Fruit	18. Smoothie Cinnamon Toast Bars Trail Mix, Fresh Fruit	19. Muffin Bananas Cheese, Crackers
22. Cereal Apples Banana Oatmeal Cookies, Fruit Salad	23. Pancakes Strawberries Pretzels, Oranges	24. English Muffins Oranges Yogurt, Grahams	25. Oatmeal Peaches Pumpkin Bars Craisins	26. Bagels w/ Cream Cheese Bananas Cheese, Crackers
29. Cereal Apples Seasoned Oyster Crackers Fruit Salad	30. Bagels w/ Cream Cheese Oranges Apple Pastries Fresh Fruit	31. English Muffins Banana Bean Dip, Crackers		

Each breakfast is served with milk, (1) fruit or vegetable, and (1) bread or bread alternative.

Each lunch is served with milk, (1) meat or meat alternative, (2) fruit or vegetable, (1) bread or bread alternative

Each snack includes at least 2 of the following: (1) milk, (1) fruit or vegetable, (1) bread or bread alternative, (1) meat or meal alternative.