

Bostwick Children's Center Menu: January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		January 1	January 2	January 3	January 4
AM Snack		CLOSED	Fig bars, fruit & milk	Bagels, cream cheese & fruit	Hard boiled eggs & fruit
PM Snack		CLOSED	Cheesy roll-ups, corn & black beans	Turkey, ww rounds, cheese & veggies	Oatmeal, craisins & milk
Week 2	January 7	January 8	January 9	January 10	January 11
AM Snack	Waffles, syrup & fruit	Persimmon muffins, fruit & milk	Yogurt, graham crackers & fruit	Applesauce & granola bars	Berry cobbler, fruit & milk
PM Snack	Pasta, marinara & veggies	Turkey meatballs, rolls & veggies	Grilled cheese & veggies	Brown rice, black beans & pineapple	Scrambled eggs, toast & veggies
Week 3	January 14	January 15	January 16	January 17	January 18
AM Snack	Applesauce & graham crackers	Cereal, fruit & milk	Fruit smoothies & Aussie bites	Hard boiled eggs & fruit	Carrot muffins, fruit & milk
PM Snack	Egg muffins w/ broccoli & English muffins	English muffin pizzas & veggies	Quinoa with beans/corn & Cheese	Chicken Salad Sandwiches & veggies	Sun butter/ jam sandwiches & veggies
Week 4	January 21	January 22	January 23	January 24	January 25
AM Snack	CLOSED	Banana muffins, fruit & milk	Bagels, cream cheese & fruit	Yogurt, granola & fruit	Granola bars, sun butter & apples
PM Snack	CLOSED	Oatmeal, raisins & milk	Refried bean and cheese burritos & veggies	Hummus, tortillas & veggies	Quinoa, cheese & Edamame
Week 5	January 28	January 29	January 30	January 31	February 1
AM Snack	Graham crackers, cream cheese & fruit	Berry cobbler & yogurt	Fig bars, fruit & milk	Fruit smoothies & granola	Cereal, fruit & milk
PM Snack	Veggie noodle soup & rolls	Hummus, ww crackers & veggies	Turkey, ww rounds & veggies	Potato casserole w/ cheese & veggies	Cheese tortellini's, marinara & veggies