



# January 2009 -Smarty Pants Playschool Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div style="border: 1px solid black; padding: 10px; background-color: #E0F0E0;"> <p>Breakfast is served with 1% milk. Morning snack is served with 100% fruit juice. Lunch is served with 1% chocolate ovaltine milk. Afternoon snack is served with water or they can finish their milk from lunch. <i>Children are limited to 16 oz. of milk &amp; 6 oz. of juice per day.</i></p> </div>			<p><b>1</b></p> <div style="text-align: center;"> </div>	<p><b>2 B:</b> Bagel w/ cc &amp; Melon  <b>MS:</b> Goldfish Crackers &amp; Apple-sauce  <b>L:</b> Cheese Crisps, Refried Beans &amp; Corn  <b>AS:</b> <del>SNOWMAN</del> Rice Krispie Treats &amp; Bananas</p>	<p><b>3</b></p>
<p><b>4</b> Penguins</p>	<p><b>5 B:</b> French Toast &amp; Oranges  <b>MS:</b> Apples &amp; Peanut Butter  <b>L:</b> Chicken Enchiladas w/Refried beans &amp; Corn  <b>AS:</b> Penguin Cupcakes &amp; bananas  <b>Happy Birthday Chloe!</b> </p>	<p><b>6</b>  <b>B:</b> Banana Bread &amp; Melon  <b>MS:</b> Black Olive Penguins w/ cc &amp; carrots  <b>L:</b> Spaghetti &amp; Zucchini sticks  <b>AS:</b> Graham crackers &amp; Apple-sauce</p>	<p><b>7</b>  <b>B:</b> Bagel w/ cc &amp; Bananas  <b>MS:</b> Goldfish &amp; Apples  <b>L:</b> Grilled Ham &amp; Cheese, Peas &amp; Carrots &amp; Tomato Soup  <b>AS:</b> Cucumbers, Saltines &amp; Hummus</p>	<p><b>8</b>  <b>B:</b> Blueberry Muffins &amp; Oranges  <b>MS:</b> Boiled Egg Penguins w/ black olives &amp; carrots  <b>L:</b> Tuna Sandwich, Sweet potato French fries &amp; Apples  <b>AS:</b> Pretzels &amp; Cheese</p>	<p><b>9</b>  <b>B:</b> Oatmeal &amp; Apples  <b>MS:</b> Penguin Food (Tuna &amp; Crackers)  <b>L:</b> Chicken nuggets, Broccoli &amp; Cheese &amp; Pears  <b>AS:</b> Cottage cheese &amp; Tomatoes</p>	<p><b>10</b></p>
<p><b>11</b> Bears</p>	<p><b>12</b>  <b>B:</b> Cold cereal &amp; Apples  <b>MS:</b> Bear Claws (Biscuits &amp; Honey)  <b>L:</b> Chili w/ Cornbread &amp; Apple-sauce  <b>AS:</b> Rice pudding&amp; Bananas</p>	<p><b>13</b>  <b>B:</b> Blueberry Muffins &amp; Oranges  <b>MS:</b> Bear Milk &amp; Toast  <b>L:</b> Lasagna &amp; Salad w/ranch  <b>AS:</b> Ritz Crackers &amp; Cheese</p>	<p><b>14</b>  <b>B:</b> Waffles &amp; Fresh Fruit  <b>MS:</b> Teddy Bear Rice Cakes  <b>L:</b> Mac n' Cheese, Green beans &amp; Peaches  <b>AS:</b> Ants on a Log</p>	<p><b>15</b>  <b>B:</b> Porridge &amp; Bananas  <b>MS:</b> Animal crackers &amp; Yogurt  <b>L:</b> Beef Tacos w/ Cheese, Lettuce, Tomato &amp; Beans  <b>AS:</b> Peanut Butter Roll ups &amp; Bananas (Flour Tortillas)</p>	<p><b>16</b>  <b>B:</b> Eggs, Toast &amp; Oranges  <b>MS:</b> Teddy Grahams  <b>L:</b> Pepperoni Pizza &amp; Salad w/ Ranch  <b>AS:</b> Pretzels &amp; Craisins</p>	<p><b>17</b></p>
<p><b>18</b> Shapes</p>	<p><b>19 Circles</b>  <b>B:</b> Bagel w/ cc &amp; Fresh Fruit  <b>MS:</b> Cheerios &amp; Bananas  <b>L:</b> Pepperoni Pizza &amp; Cucumbers w/Ranch  <b>AS:</b> Ritz Crackers &amp; Cheese</p>	<p><b>20 Triangles</b>  <b>B:</b> Toast &amp; Oranges  <b>MS:</b> Cheez-its &amp; Apples  <b>L:</b> Cheese Crisps, Refried beans &amp; Corn  <b>AS:</b> Corn Chips &amp; Melon</p>	<p><b>21 Squares</b>  <b>B:</b> Mini Wheat's &amp; Apples  <b>MS:</b> Banana Bread  <b>L:</b> Grilled Ham &amp; Cheese, Peas &amp; Carrots &amp; Tomato Soup  <b>AS:</b> Saltines &amp; Cheese</p>	<p><b>22 Rectangles</b>  <b>B:</b> French Toast &amp; Oranges  <b>MS:</b> Graham crackers &amp; Apple-sauce  <b>L:</b> Tuna Sandwich, Sweet potato French fries &amp; Apples  <b>AS:</b> Carrot Sticks &amp; Ranch</p>	<p><b>23 Ovals</b>  <b>B:</b> Blueberry Pancakes &amp; Bananas  <b>MS:</b> Trail Mix &amp; Fruit Juice  <b>L:</b> Chicken nuggets, Broccoli &amp; Cheese &amp; Pears  <b>AS:</b> Deviled Eggs &amp; Crackers</p>	<p><b>24</b></p>
<p><b>25</b> Zoo Animals</p>	<p><b>26</b>  <b>B:</b> Yogurt w/ Fresh fruit &amp; Granola  <b>MS:</b> Zebra Sandwiches (Nutella)  <b>L:</b> Lasagna &amp; Salad w/ranch  <b>AS:</b> P B &amp; J</p>	<p><b>27 B:</b> Oatmeal &amp; Bananas  <b>MS:</b> Zoo Animal Party Mix (Popcorn, peanuts fruit snacks &amp; teddy grahams)  <b>L:</b> Turkey Sandwich, Cucumbers &amp; Melon  <b>AS:</b> Cottage cheese &amp; Tomatoes</p>	<p><b>28</b>  <b>B:</b> Blueberry Muffins &amp; Oranges  <b>MS:</b> Animal Crackers &amp; Edible Paint  <b>L:</b> Chili w/ Cornbread &amp; Apple-sauce  <b>AS:</b> Ritz Crackers &amp; Cheese</p>	<p><b>29</b>  <b>B:</b> Banana Bread &amp; Melon  <b>MS:</b> Lions- Rice cakes, w/cc, shredded wheat &amp; raisins  <b>L:</b> Spaghetti &amp; Zucchini sticks  <b>AS:</b> Pretzels &amp; Craisins</p>	<p><b>30 B:</b> Blueberry Muffins  <b>MS:</b> Monkey Bananas (rolled in chocolate &amp; nuts)  <b>L:</b> Chicken Enchiladas w/Refried beans &amp; Corn  <b>AS:</b> Apples &amp; Peanut Butter</p>	<p><b>31</b></p>