

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jan
FEED YOUR
CREATIVITY



Announcements:



MARTIN
LUTHER
KING
DAY
I HAVE A DREAM



Updated 1/1/2021
www.SquareMeals.org

Meal 1 3
Wow Butter Dipper Cup
Honey Graham Crackers
Cheez-Its Crackers
Pineapple Barrel
Juice
Milk

Meal 2 4
Smoked Gouda Cheese Cup
w/Meat Stick
Ritz Crackers
Sunflower Kernels
Mixed Berry Applesauce
Juice
Milk

Meal 3 5
Marinara Sauce Cup
Cheddar Cheese Stick
Pizza Crackers
Sunflower Kernels
Educational Crackers
Juice
Milk

Meal 4 6
BBQ Chicken Bites
Sunflower Seeds
Strawberry Bites
Cheez It Crackers
Raisins
Juice
Milk

Meal 5 7
White Cheddar Cheese
Sticks
Marinara Sauce
Strawberry Applesauce
Wheat Crackers
Milk

Meal 4 10
BBQ Chicken Bites
Sunflower Seeds
Strawberry Bites
Cheez It Crackers
Raisins
Juice
Milk

Meal 2 11
Smoked Gouda Cheese Cup
w/Meat Stick
Ritz Crackers
Sunflower Kernels
Mixed Berry Applesauce
Juice
Milk

Meal 3 12
Marinara Sauce Cup
Cheddar Cheese Stick
Pizza Crackers
Sunflower Kernels
Educational Crackers
Juice
Milk

Meal 4 13
BBQ Chicken Bites
Sunflower Seeds
Strawberry Bites
Cheez It Crackers
Raisins
Juice
Milk

Meal 5 14
White Cheddar Cheese
Sticks
Marinara Sauce
Strawberry Applesauce
Wheat Crackers
Milk

17
**MARTIN
LUTHER
KING
DAY**

Meal 2 18
Smoked Gouda Cheese Cup
w/Meat Stick
Ritz Crackers
Sunflower Kernels
Mixed Berry Applesauce
Juice
Milk

Meal 3 19
Marinara Sauce Cup
Cheddar Cheese Stick
Pizza Crackers
Sunflower Kernels
Educational Crackers
Juice
Milk

Meal 4 20
BBQ Chicken Bites
Sunflower Seeds
Strawberry Bites
Cheez It Crackers
Raisins
Juice
Milk

Meal 5 21
White Cheddar Cheese
Sticks
Marinara Sauce
Strawberry Applesauce
Wheat Crackers
Milk

Meal 4 24
BBQ Chicken Bites
Sunflower Seeds
Strawberry Bites
Cheez It Crackers
Raisins
Juice
Milk

Meal 2 25
Smoked Gouda Cheese Cup
w/Meat Stick
Ritz Crackers
Sunflower Kernels
Mixed Berry Applesauce
Juice
Milk

Meal 3 26
Marinara Sauce Cup
Cheddar Cheese Stick
Pizza Crackers
Sunflower Kernels
Educational Crackers
Juice
Milk

Meal 4 27
BBQ Chicken Bites
Sunflower Seeds
Strawberry Bites
Cheez It Crackers
Raisins
Juice
Milk

Meal 5 28
White Cheddar Cheese
Sticks
Marinara Sauce
Strawberry Applesauce
Wheat Crackers
Milk

Meal 4 31
BBQ Chicken Bites
Sunflower Seeds
Strawberry Bites
Cheez It Crackers
Raisins
Juice
Milk



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