

Southwood Preschool Breakfast & Lunch Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 OBSERVED HOLIDAY Happy New Year!	2 Waffles w/Syrup & Juice Macaroni & Cheese, Bread & Milk	3 Scrambled Eggs, Turkey Sausage & Juice Chili, Cornbread, Fruit & Milk	4 Cold Cereal, Cinnamon Toast & Juice Bring Your Own Lunch
7 Scrambled Eggs, Hash Browns & Juice Spaghetti w/meat sauce, salad, bread w/butter & Milk	8 Waffles w/Syrup & Juice Sloppy Joe's, Salad, Fruit & Milk	9 Egg Sandwiches & Juice Fish Sticks, Vegetables, Mashed Potatoes & Milk	10 Bagels w/Cream Cheese or Jelly & Juice Lentil Soup, Bologna Sandwiches, Fruit & Milk	11 Cold Cereal, Bananas & Juice Bring Your Own Lunch
14 Oatmeal, Fruit & Juice Soft Tacos w/Refried Beans, Ground Beef, Cheese, Lettuce & Milk	15 Scrambled Eggs, Toast & Juice Tomato Soup, Grilled Cheese Sandwiches & Milk	16 French Toast w/Syrup & Juice Cheese Pizza, Salad, Fruit & Milk	17 Chilaquiles, Potatoes & Juice Chicken Nuggets, Mashed Potatoes, Vegetables & Milk	18 Cold Cereal, Cinnamon Rolls & Juice Bring Your Own Lunch
21 OBSERVED HOLIDAY Martin Luther King Jr. Day	22 Waffles w/Syrup & Juice Raviolis, Corn, Bread w/butter & Milk	23 Bagel w/Cream Cheese or Jelly & Juice Hot Dogs, Baked Beans & Milk	24 Croissant Eggs & Ham Sandwiches & Juice Quesadillas, Refried Beans, Fruit & Milk	25 Cold Cereal & Muffins & Juice Bring Your Own Lunch
28 Pancakes w/Syrup & Juice Vegetable Soup, P B & J & Milk	29 French Toast w/Syrup & Juice Chicken Fried Rice, Bread w/ Butter & Milk	30 Bagels w/Cream Cheese & Juice Corn Dogs, Vegetables, Bread w/Butter & Milk	31 Pancake w/ Syrup & Juice Enchiladas, Refried Beans & Milk	

Breakfast is served between 7:30 and 8:00a.m.

Lunch is served between 12:00 and 12:30p.m.

*Menu subject to change without notice