

# January 2020 Menu

Discovery Isle Preschool \* 11740 Creek Road, CA 92064

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>	<b>3</b>
<b>Breakfast</b>			School	Quesadilla, Fruit and Milk	Cereal, Yogurt, Fruit and Milk
<b>Lunch</b>			Closed	Enchiladas/w Chicken, Rice, Fruit and Milk	Mini Cheeseburger, Potato Chips, Fruit and Milk
<b>PM Snack</b>				Animal Crackers and Milk	Veggies with Ranch and Crackers
	<b>6</b>	<b>7</b>	<b>8-v</b>	<b>9</b>	<b>10-v</b>
<b>Breakfast</b>	Pancakes, Fruit and Milk	Blueberry Bread, Fruit and Milk	Biscuits and Jelly, Fruit and Milk	Muffins, Yogurt, Fruit and Milk	Quesadilla, Fruit and Milk
<b>Lunch</b>	Lasagna, Veggies, Fruit, and Milk	Meatloaf, Mashed Potatoes, Fruit and Milk	Grilled Cheese Sandwiches, Potato Chips, Fruit and Milk	Little Tacos, Beans, Veggies, and Milk	Broccoli Cheese Soup, Potato Chips, Fruit and Milk
<b>PM Snack</b>	Nilla Waffers and Milk	Veggies with Ranch and Crackers	Animal Crackers and Milk	Pudding and Graham Crackers	Cheese-Its and Milk
	<b>13-v</b>	<b>14</b>	<b>15-v</b>	<b>16-v</b>	<b>17</b>
<b>Breakfast</b>	Muffins, Yogurt, Fruit and Milk	Pancakes, Fruit and Milk	English Muffins and Jelly, Fruit and Milk	Quesadilla, Fruit, and Milk	Bagels with Cream Cheese, Fruit and Milk
<b>Lunch</b>	Enchiladas/w Chicken, Rice, Fruit and Milk	Cheese Pizza, Veggies, Fruit and Milk	Macaroni and Cheese, Veggies, Fruit and Milk	Rolled Taco, Beans, Veggies, and Milk	Chicken Parmesan Sandwiches, Veggies, Fruit and Milk
<b>PM Snack</b>	Nilla Waffers and Milk	Goldfish Crackers and Milk	Cheese and Crackers	Graham Crackers with Cream Cheese	Ritz Crackers & Fruit
	<b>20-v</b>	<b>21</b>	<b>22</b>	<b>23-v</b>	<b>24-v</b>
<b>Breakfast</b>	Cereal, Yogurt, Fruit and Milk	Blueberry Bread, Fruit and Milk	Pancakes, Fruit and Milk	Waffles, Fruit and Milk	Biscuits and Jelly, Fruit and Milk
<b>Lunch</b>	Cheese Pizza, Veggies, Fruit and Milk	Tuna Sandwich, Potato Chips, Fruit and Milk	Chicken Parmesan Sandwiches, Veggies, Fruit and Milk	Grilled Cheese Sandwiches, Potato Chips, Fruit and Milk	Chili Cheese Nachos, Veggies, Fruit, and Milk
<b>PM Snack</b>	Graham Crackers and Pudding	Goldfish Crackers and Milk	Cheese-Its and Milk	Ritz Cracker & Cheese Slices	Cookies, Fruit and Milk
	<b>27-v</b>	<b>28</b>	<b>29- v</b>	<b>30</b>	<b>31- v</b>
<b>Breakfast</b>	English Muffins and Jelly, Fruit and Milk	Bagels with Cream Cheese, Fruit and Milk	Cereal, Fruit and Milk	Biscuits, Fruit and Milk	Waffles, Fruit and Milk
<b>Lunch</b>	Chow Mein Noodles and Veg. Egg Roll, Fruit and Milk	Rolled Taco, Beans, Veggies, and Milk	Macaroni and Cheese, Veggies, Fruit and Milk	Fish Sandwich, Fries, Fruit and Milk	Cheese Pizza, Veggies, Fruit and Milk
<b>PM Snack</b>	Cheese and Crackers	Quesadilla, Fruit, and Milk	Graham Crackers with Cream Cheese	Ritz Crackers with Jelly and Milk	Chef's Choice