



Menu

FLANC & FLACC K-8 SNP MENU – JAN 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6	7	8	9	10
BREAKFAST MEAL		WG Apple Cin Muffin (2 oz) ½ c Apples, ½ c Org Juice	WG Bagel w/Jelly (2 oz) 1/2 c Apples, ½ c App Juice	WG Cin Toast Crun Bowl (1 oz) 1 Banana + ½ Org Juice	WG Gran w/Cherry Yog (5 oz) 1 Apple + ½ c App Juice
Lunch MMA		Spaghetti M/Balls (8 oz) ¾ c Broccoli (Dark Grn) ½ c Pears WG Noods + WG Roll (2 oz)	Chicken Sandwich (3.19) ¾ c Green Beans (Otr) ½ c Fruit Cocktail WG Roll (1 oz)	WG Cheese Pizza (1 Slice) ¾ c Carrots w/Ranch (R/O) ½ c Applesauce Grain in Crust (2 oz)	Mini Kcn Corndogs (6 ea) ¾ c Baked Beans(Leg) 1 Banana Grain in Crust (2 oz)
Veg					
Fruit					
Grain					
	13	14	15	16	17
BREAKFAST MEAL	WG Bagel w/CrmChs (2 oz) ½ c Sliced Apples + 1 Banana	WG Cin Toast Crun Bowl (1 oz) 1 Apple + ½ c Pineapples	WG Apple Bites (2 oz) 1 Banana + ½ c Sliced Peaches	Mini Maple Bites (2 oz) 1 Orange + ½ c Pears	
Lunch MMA	Mac and Cheese (6 oz) ¾ c Peas (Starch) ½ c Apples WG Roll (1 oz)	Chicken Alfredo (8 oz) ¾ c Broccoli (Dark Grn) ½ c Applesauce WG Noods + WG Roll (2 oz)	Beef and Cajun Rice (6 oz) ¾ c Green Beans (Otr) ½ c Fruit Medley WG Brn Rice 4 oz + Roll (2 oz)	WG Cheese Pizza (1 Slice) ¾ c Carrots w/Ranch (R/O) ½ c Pineapples Grain in Crust (2 oz)	
Veg					
Fruit					
Grain					
	20	17	18	19	20
BREAKFAST MEAL		WG Cin Toast Crun Bowl (1 oz) 1 Apple + ½ c Pineapples	Soft Filled CTCB (2 oz) 1 Banana + ½ c Sliced Peaches	WG Blueberry Muffin (2 oz) 1 Banana + ½ Apple Juice	WG Bagel w/Crm Chs (2 oz) ½ c Sliced Apples + 1 Banana
Lunch MMA		Turkey Hotdog (4 oz) ¾ c Broccoli (Dark Grn) ½ c Pears WG Hotdog Bun (2 oz)	Chicken Nachos ¾ c Green Beans (Otr) ½ c Apples WG Nachos (2 oz)(2 oz)	WG Cheese Pizza (1 Slice) 3/4 c Carrots w/Ranch (R/O) ½ c Pineapples Grain in Crust (2 oz)	WG Chicken Tenders (2 ea) 3/4 c Baked Beans (Leg) ½ c Peaches WG Roll (1 oz)
Veg					
Fruit					
Grain					
	27	28	29	30	24
BREAKFAST MEAL	WG Banana Muffin (2 oz) 1 Orange + 1 Apple	WG Chocolate Cres Roll (2.29 oz) 1 Apple + ½ c Pineapples		WG Blueberry Muffin (2 oz) ¾ c Apple Slices + ½ c Org Juice	WG Cin Toast Crun Bowl (1 oz) 1 Orange + ½ c Apple Juice
Lunch MMA	Beef Burger Gravy (2 oz) over 3/4 c Fries (Starch) ½ c Peaches WG Bun (2 oz)	Beefaroni (6 oz) 3/4 c Broccoli (Dark Grn) ½ c Pears WG Noods + WG Roll (2 oz)		WG Cheese Pizza (1 Slice) 3/4 c Corn (Starch) ½ c Pineapples Grain in Crust (2 oz)	WG Chicken Burrito (1 ea) 3/4 c Baked Beans (Leg) ½ c Mand Oranges WG Tortilla (2 oz)
Veg					
Fruit					
Grain					
BREAKFAST MEAL					
Lunch MMA					
Veg					
Fruit					
Grain					

⇒ [Nurse's Corner Click](#)

Breakfast = 2 fruits or 1 cup, Lunch is choice of juice/ OR ½ c of another fruit – All veg is ¾ c - No pork/pork by products, fish served. - Breakfast and Lunch meals include skim, 1% milk or FF Flavored Milk.