



ROCKING HORSE ACADEMY MENU

JANUARY 17th – JANUARY 21st



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	TRAINING DAY TEACHER INSERVICE	Cereal Banana Milk	Kolache and Fruit Milk	Berries and Yogurt Water	Banana Bread Milk
LUNCH		Hot Ham & Cheese Sandwich, French Fries w/Ketchup Baby Carrots, Pineapples Milk	Turkey, Mash Potatoes w/Gravy Green Beans Dinner Roll Peaches Milk	Beef Ravioli w/Marinara Garlic Bread Stick, Salad w/Ranch+2 Mix veggies -2 Fruit Cocktail Milk	Beef Soft Tacos, Pinto Beans, Cheese, Lettuce, Tomato, Oranges Milk
PRE-K PM SNACK		+2 Brownies -2 Nutrigrain Bar Water	English Muffin -2 Cheese Pizza +2 Pepperoni Water	Bagels Cream cheese Water	Popcorn & Pickles+2 Cooked Apples and Teddy Grahams -2 Water
CORRAL KIDS PM SNACK		Brownies Water	English Muffin Pepperoni Pizza Water	Bagels Cream cheese Water	Popcorn and Pickles Water

JANUARY 24th – JANUARY 28th

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Ham & Cheese Toast Milk	Egg and Cheese Scrambled ½ Toast Milk	Cereal Milk	Zucchini Bread Milk	Cinnamon Muffin Strawberries Milk
LUNCH	Pepperoni Pizza Corn Fresh Spinach Salad w/Ranch Applesauce Milk	Chicken Fajita Taco Lettuce, Tomato, And Cheese Rice, Pears Milk	Meat Balls & Gravy Egg Noodles Broccoli, Steamed Carrots Peaches Milk	Chopped Beef BBQ on A Bun Cucumber and Tomato Salad Mandarin Oranges Milk	Soup of The Week Biscuit and Butter Fruit Cocktail Milk
PRE-K PM SNACK	Veggie Straws +2 Grapes -2 Fresh Fruit Water	Fresh Fruit +2 Wheat Thins -2 Vanilla Wafers Water	Granola Bars Apples Water	Banana Pudding Vanilla Wafers Water	+2 Tortilla Chips and Cheese Dip -2 Nutrigrain Bars Water
CORRAL KIDS PM SNACK	Veggie Straws Grapes Water	Fresh Fruit and Wheat Thins Water	Granola Bars Apples Water	Banana Pudding Vanilla Wafers Water	Tortilla Chips and Cheese Dip Water