






ROCKING HORSE ACADEMY MENU



JANUARY 13th - JANUARY 17th

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Strawberry Preserves Pancakes Fruit Milk	Cereal Banana Milk	Kolache and Fruit Milk	Berries and Yogurt Water	Banana Bread Fruit Milk
LUNCH	Chicken Nuggets Mashed Potatoes w/Gravy Corn Pears Milk	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	Ritz Crackers and Cheese Water	+2 Brownies Fruit -2 Nutrigrain Bar & Fruit Water	Bagels Cream Cheese Fruit Water	Ham & Cheese Hot Pocket Water	Cooked Apples & Graham Crackers Water
CORRAL KIDS PM SNACK	Ritz Crackers and Cheese Water	Pretzels Fruit Water	Bagels Cream Cheese Fruit Water	Corn Dog Water	Popcorn and Pickles Water

JANUARY 20th - JANUARY 24th

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK		Toast with Jelly Fruit Milk	Ham & Cheese Toast Fruit Milk	Waffle Fruit Milk	Cinnamon Muffin Strawberries Milk
LUNCH		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	Training Day	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, Fruit Water
CORRAL KIDS PM SNACK		Fresh Fruit and Wheat Thins Water	Granola Bars Apples Water	Banana Pudding Vanilla Wafers Water	Tortilla Chips and Cheese Dip Water