



Sprouts Early Learning Academy

January Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast week 1 & 3	Mini pancakes, oranges, milk	life, bananas, milk	Waffles,blueberries, milk	bagels, applesauce, milk	Greek yogurt, strawberries,milk
Breakfast week 2 & 4	Mini pancakes, oranges, milk	English muffin & pb,bananas, milk	Waffles, blueberries,milk	Rice Krispies, applesauce,milk	Greek yogurt, strawberries,milk
Daily Snack	Pepperoni, cheese cubes	Trail mix, gogo applesauce	Goldfish, gogurt	apples,crackers	Simply Cheetos, craisins
	Monday	Tuesday	Wednesday	Thursday	Friday
				1/1/2026	1/2/2026
				closed	Pizza Sticks,Cottage cheese,peaches,milk
Lunch	1/5/2026	1/6/2026	1/7/2026	1/8/2026	1/9/2026
	Parm Butter Noodles,broccoli, berries,milk	chicken strips,veggie blend,melon,milk	Spaghetti,carrots,pinea pple,milk	Softshell beef tacos, corn, mixed fruit,milk	Ham sliders,pears,green beans,milk
	1/12/2026	1/13/2026	1/14/2026	1/15/2026	1/16/2026
	Mac n Cheese,green beans, pears,milk	Cheeseburger,pickles, mixed friut,milk	Turkey noodles, corn,watermelon, milk	Ham&cheese slider,oranges,mixed veggie, milk	Pepperoni pizza,zucchini,peaches ,milk
	1/19/2026	1/20/2026	1/21/2026	1/22/2026	1/23/2026
	closed	tator tot casserole,green beans,berries,milk	Chicken Fajitas, corn,peaches,milk	Tomato Soup,grilled cheese,pineapple,milk	Meatballs in sauce,garlic bread,mixed fruit,milk
	1/26/2026	1/27/2026	1/28/2026	1/29/2026	1/30/2026
	Alfredo, broccoli normandy, mixed fruit, milk	Chicken bites, mixed veggies,melon,milk	Chicken pot pie pasta, mixed veggies,peaches,milk	Beef Lo Mein,mixed veggies,pineapple,milk	Turkey club, tomato & cucumbers,pears,milk