

January Menu

Friday Jan 2

Grilled Ham & Cheese
Sandwiches
Cream Potato Soup
Carrot Sticks & Pickle Chips
Lettuce Salad
Fresh Bananas

Monday Jan 5

Meatballs
Marinara Sauce & Noodles
Broccoli & Wheat Bread
Lettuce Salad
Pineapple Tidbits
Skim Milk

Wednesday Jan 7

Turkey Breast
Mashed Potatoes & Gravy
Cooked Beans
Cooked Cabbage
Cantaloupe
Skim Milk

Friday Jan 9

BBQ Pulled Pork
Macaroni & Cheese
Broccoli
Lettuce Salad
Wheat Bread
Oranges

Monday Jan 12

Chicken Tacos
Red Rice & Refried Beans
Spicy Corn
Lettuce Salad
Cantaloupe
Skim Milk

Wednesday Jan 14

Beef Hamburgers
Baked Sweet Potatoes
Mixed Vegetables
Fresh Bananas
Skim Milk

Friday Jan 16

Chicken Cordon Bleu
Penne Noodles
Broccoli
Coleslaw
Fresh Apples
Skim Milk

Monday Jan 19

**No lunch
Martin Luther
King Holiday**

Wednesday Jan 21

Sloppy Joes
Baked Potatoes
Green Beans
Lettuce Salad
Canned Peaches
Skim Milk

Friday Jan 23

Chicken Stir Fry
Fluffy Rice
Candied Carrots & Zucchini
Lettuce Salad
Fresh Bananas
Yellow Cake White Frosting

Monday Jan 26

Lasagna
Broccoli
Lettuce Salad
Wheat Bread
Unsweetened Applesauce
Skim Milk

Wednesday Jan 28

BBQ Chicken Breast
Three Bean Salad
Summer Mixed Vegetables
Lettuce Salad
Fresh Bananas
Skim Milk

Friday Jan 30

Salisbury Steak Patty
Brown Gravy & Mashed Potatoes
Lettuce Salad
Broccoli
Mandarin Oranges
Skim Milk