


# January Menu 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	 2	3	4	5	6
<b>Lunch</b>		Chicken Sandwich, Peas, Peaches, Milk/Water	Chef's Choice, Green Beans, Oranges, Milk/Water	Rotini w/ Meat Sauce, Peas, Pineapple, Milk/Water	BBQ Chicken Sandwiches, Fruit, Vegetable, Milk/Water
<b>PM Snack</b>		Scooby Doo Crackers, Yogurt & Water	Mixed Berry Animal Crackers & Water	Ritz Sandwich Crackers & Water	CheX Mix & Water
<b>Breakfast</b>	9	10	11	12	13
<b>Lunch</b>	Blueberry Muffins, Applesauce, Milk/Water	Turkey Sausage Biscuit, Diced Mangos, Milk/Water	Nutrigrain Bars, Blueberries, Milk/Water	Waffles, Apple Slices, Milk/Water	Cereal, Bananas, Milk/Water
<b>PM Snack</b>	Cheese Quesadilla, Corn, Mixed Fruit, Milk/Water	Rib Sandwich, Green Beans, Pears, Milk/Water	Chicken Nuggets, Mixed Vegetables, Oranges, Milk/Water	Beef Ravioli, Corn, Oranges, Milk/Water	Cheeseburgers, Sweet Potato Tots, Peaches, Milk/Water
<b>Breakfast</b>	16	17	18	19	20
<b>Lunch</b>	Goldfish & Water	Teddy Grahams & Water	Animal Crackers & Water	Saltine Crackers, Sliced Cheese & Water	Graham Crackers & Water
<b>PM Snack</b>	Pancakes, Applesauce, Milk/Water	French Toast Sticks, Blueberries, Milk/Water	Bagels w/ Cream Cheese, Blueberries, Milk/Water	English Muffins w/ Jelly, Apple Slices, Milk/Water	Cheese Toast, Bananas, Milk/Water
<b>Lunch</b>	Turkey Cheese Roll Up, Tator Tots, Oranges, Milk/Water	Sweet and Sour Chicken, Mixed Vegetables, Pineapples, Milk/Water	Chef's Choice, Peas, Pears, Milk/Water	Chicken Alfredo, Green Beans, Peaches, Milk/Water	Beefy Mac, Fruit, Vegetable, Milk/Water
<b>PM Snack</b>	Fig Newton & Water	Scooby Doo Crackers, Yogurt & Water	Mixed Berry Animal Crackers & Water	Ritz Sandiwch Crackers & Water	CheX Mix & Water
<b>Breakfast</b>	23	24	25	26	27
<b>Lunch</b>	Blueberry Muffins, Applesauce, Milk/Water	Turkey Sausage Biscuit, Diced Mangos, Milk/Water	Nutrigrain Bars, Blueberries, Milk/Water	Waffles, Apple Slices, Milk/Water	Cereal, Bananas, Milk/Water
<b>PM Snack</b>	Grilled Turkey and Cheese Sandwich, Baked Beans, Peaches Milk/Water	Turkey Tacos, Pinto Beans, Oranges Milk/Water	Fish Sticks, Corn, Pears, Milk/Water	Pizza, Carrots, Pineapple, Milk/Water	Salisbury Steak, Mashed Potatoes, Mixed Fruit, Milk/Water
<b>Breakfast</b>	30	31	1	2	3
<b>Lunch</b>	Goldfish & Water	Teddy Grahams & Water	Animal Crackers & Water	Saltine Crackers, Sliced Cheese & Water	Graham Crackers & Water
<b>PM Snack</b>	Pancakes, Applesauce, Milk/Water	French Toast Sticks, Diced Mangos, Milk/Water			
<b>Lunch</b>	Grilled Cheese Sandwich, Carrots, Pears, Milk/Water	Chicken Sandwich, Peas, Peaches, Milk/Water			
<b>PM Snack</b>	Fig Newton & Water	Scooby Doo Crackers, Yogurt & Water			