



# January Menu 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>January 2, 2023</p> <p><b>CLOSED</b></p>	<p>3</p> <p>B- Life cereal, Tropical fruit salad, Milk</p> <p>L- Turkey &amp; cheese w/ whole wheat bread, Sliced &amp; cooked carrots, Pineapple, Milk</p> <p>S- Blueberry muffin, Milk</p>	<p>4</p> <p>B- Waffles, Strawberries, Milk</p> <p>L- Mac &amp; cheese, Little smokies, Peas, Applesauce, Milk</p> <p>S- Raspberry yogurt, Cheerios, Water</p>	<p>5</p> <p>B- Whole wheat roll w/ apple butter, Peach mango juice, Milk</p> <p>L- Fish filet w/ whole wheat bun, Tator tots, Apricots, Milk</p> <p>S- Whole grain Goldfish, Milk</p>	<p>6</p> <p>B- Berry Berry Kix, Mandarin oranges, Milk</p> <p>L- Soft shell taco w/ meat, lettuce, cheese &amp; tomato, Black beans, Blueberries, Milk</p> <p>S- Raisins, Milk</p>
<p>9</p> <p>B- Blueberry waffle, Orange juice, Milk</p> <p>L- Sloppy Joe w/ whole wheat bun, Scalloped potatoes, Berry blend, Milk</p> <p>S- Apple cinnamon muffin, Milk</p>	<p>10</p> <p>B- Cornflakes, Pears, Milk</p> <p>L- Ham &amp; cheese w/ whole wheat bread, Cauliflower, Mandarin oranges, Milk</p> <p>S- Oyster crackers, Apple juice</p>	<p>11</p> <p>B- Sausage pancake bites, Peaches, Milk</p> <p>L- Pepperoni pizza, Brussel sprouts, Blueberries, Milk</p> <p>S- Caramel rice cake, Milk</p>	<p>12</p> <p>B- Cornflakes, Pineapple, Milk</p> <p>L- Chef salad w/ turkey, cucumbers, tomatoes &amp; cheese, Plums, Whole wheat crackers, Milk</p> <p>S- Banana, Milk</p>	<p>13</p> <p>B- French toast sticks, Tropical fruit salad, Milk</p> <p>L- Scrambled eggs w/ mini bagel, Hash rounds, Blackberries, Milk</p> <p>S- Whole wheat Ritz crackers, Cheese slice, Water</p>
<p>16</p> <p><b>CLOSED</b></p>	<p>17</p> <p>B- Oatmeal Squares cereal, Peaches, Milk</p> <p>L- Roast beef &amp; Swiss cheese w/ whole wheat bread, Broccoli, Raspberries, Milk</p> <p>S- Orange slices, Milk</p>	<p>18</p> <p>B- Sausage, egg &amp; cheese biscuit, Pineapple, Milk</p> <p>L- Baked chicken w/ rice, Peas &amp; carrots, Applesauce, Milk</p> <p>S- Wheat Thins, Peach mango juice</p>	<p>19</p> <p>B- Honey Bunches of Oats, Apricots, Milk</p> <p>L- Sun butter &amp; jelly w/ whole wheat bread, Baby carrots, Banana, String cheese, Milk</p> <p>S- Chicken in a Biscuit crackers, Milk</p>	<p>20</p> <p>B- Hardboiled egg, Pears, Milk</p> <p>L- Baked potatoes w/ chili &amp; cheese, Mandarin oranges, Whole wheat crackers, Milk</p> <p>S- Animal crackers, Milk</p>
<p>23</p> <p>B-Rice Krispies, Apricots, Milk</p> <p>L- Fish nuggets, Green beans, Pears, Milk</p> <p>S- Cheddar Chex mix, Milk</p>	<p>24</p> <p>B- French toast bagel w/ cream cheese, Apple juice, Milk</p> <p>L- Turkey &amp; cheese w/ whole wheat bread, Diced beets, Pineapple, Milk</p> <p>S- Pita chips, Hummus, Water</p>	<p>25</p> <p>B-Yogurt w/ granola, Strawberries, Milk</p> <p>L- Spaghetti w/ garlic bread, Tossed salad, Applesauce, Milk</p> <p>S- Animal crackers, Cranberry juice</p>	<p>26</p> <p>B- Breakfast pizza, Mandarin oranges, Milk</p> <p>L- Steak &amp; cheese w/ whole wheat bun, Corn, Peaches, Milk</p> <p>S- Frosted Mini Wheats, Milk</p>	<p>27</p> <p>B- Cheerios, Pear juice, Milk</p> <p>L- Tuna salad w/ whole wheat roll, Broccoli w/ dip, Orange slices, Milk</p> <p>S- Cheez-its, Milk</p>
<p>30</p> <p>B- Whole wheat toast w/ strawberry jelly, Cran-Raspberry juice, Milk</p> <p>L- Sweet &amp; sour meatballs, Mashed potatoes, Applesauce, Whole wheat roll, Milk</p> <p>S- Triscuits, Milk</p>	<p>31</p> <p>B- Special K, Pineapple, Milk</p> <p>L- Ham &amp; Swiss cheese w/ whole wheat bread, Mixed veggies, Peaches, Milk</p> <p>S- Tortilla chips w/ salsa, Milk</p>	<p>February 1</p> <p>B- Cheese omelet, Pears, Milk</p> <p>L- Mini corndogs, Asparagus, Tropical fruit salad, Milk</p> <p>S- String cheese, Pretzels, Water</p>	<p>2</p> <p>B- Cinnamon Chex, Mandarin oranges, Milk</p> <p>L- Soft shell tacos w/ meat, lettuce, cheese, tomatoes &amp; tortilla, Black beans, Blueberries, Milk</p> <p>S- Sunchips, Milk</p>	<p>2</p> <p>B- French toast, Apricots, Milk</p> <p>L- Chicken salad w/ whole wheat pita, Sliced cucumbers, Apple slices, Milk</p> <p>S- Graham crackers, Milk</p>

**NON-DISCRIMINATION STATEMENT:** In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. All milk served is non-flavored 1 % dairy milk \*Menu is subject to change without notice due to food/supply chain shortages.