

# JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday	
2  <b>CLOSED for "NEW YEARS"</b>	3  <b>Steak Sandwich</b> w/Hoagie Roll, Lettuce, Tomato, Mediterranean Salad, Baked Chips, Margarine, Apple, Milk	4  <b>Roasted Chicken Breast</b> (Skinless) Farfalle Pasta w/Roll, Broccoli Au Gratin, Mixed Fruit, Margarine Milk	5 <b>Baked Ziti Pasta w/Sausage</b> San Francisco Blend Vegetable, Garlic Bread, Margarine, Diced Peaches, Milk	6 <b>Chicken Pot Pie in Puff Pastry</b> Broccoli, Garden Salad w/Dressing Margarine, Mandarin Oranges Milk	
9 <b>Spaghetti w/Meat Sauce w/</b> Mushrooms, Italian Vegetable, Garlic Bread, Margarine, Yogurt Juice, Milk	10  <b>Green Salad w/Diced Ham,</b> (Romaine Lettuce, Tomato Sliced Cucumber Shredded Carrots Dressing Ranch, Croutons), Diced Peaches, Roll, Margarine, Milk	11 <b>Chicken Enchilada w/ Red Sauce</b> Brown Rice, Broccoli, Margarine, Orange Milk	12 <b>Meatloaf</b> Mashed Potato w/Brown gravy, Chuckwagon Corn, Roll, Margarine, Mandarin Oranges, Milk	13 <b>Chicken Alfredo Bow Tie Pasta</b> Capri Vegetables, Roll, Margarine, Pineapple Milk	
16  <b>Closed In Observance of I HAVE A DREAM MARTIN LUTHER KING DAY</b>	17 <b>Baked Herb Chicken</b> Roasted Potatoes, Carrots, Roll. Margarine, Mixed Fruit Milk	18 <b>Salisbury Steak w/Brown Gravy</b> Sweet Potato Medley, Mixed Vegetable, Roll, Margarine, Apple Milk	19  <b>Oven Fried Chicken</b> w/Country Gravy, Potato O'Brien, Diced Carrots, Roll, Margarine, Orange Milk	20 <b>Baked Cod w/ Tarter Sauce</b> Rice, Green Bean, Dinner Roll, Margarine, Pineapple Milk	
23  <b>Hamburger Beef</b> (Bun, Lettuce Leaf Tomato slice) Tater Tots, Cole Slaw, Margarine, Juice, Milk	24 <b>Egg Salad Sandwich w/Hoagie</b> Mediterranean Vegetable Salad, Balsamic Vinaigrette, Margarine, Apple, Milk	25 <b>Teriyaki Chicken</b> Jasmin Rice, Asian Vegetables, Hawaiian Roll, Margarine, Pineapple, Milk	26 <b>Pork Crumble Mac &amp; Cheese</b> Edamame, Garlic Bread, Margarine, Orange, Milk	27 <b>Salmon w/Lemon Juice Packet</b> Rice Pilaf, Vegetable Blend, Roll, Margarine, Diced Pears, Milk	
30 <b>Shepherds Pie/Beef</b> (Broc, Carrot, Green Bean, red pepper) Roll, Mashed Potatoes, Caribbean Blend Veggies, Margarine, Yogurt, Juice, Milk	31 <b>Chicken w/ Greens Salad</b> (Romaine, Grape Tomatoes, Shredded Carrots Dressing, Mozzarella Cheese, Roll, Margarine, Orange, Cake, Milk	 = <b>HIGH SODIUM DAY</b>			 <b>PLEASE NOTE:</b> Due to Product Availability, Menu is Subject to Change. "HAPPY NEW YEAR" NUTRITION DEPARTMENT