

January 7- 13

	BREAKFAST	LUNCH	DINNER
SUNDAY 1/07 PBJ	Pancakes w/ Fresh Fruit Pork Breakfast Sausage Pineapple	Chicken Caesar Wrap Sweet Potato Fries Pineapple	Fettucine Carbonara
MONDAY 1/08 Turkey	McMuffin w/ Turkey Sausage Clementine	Ramen Noodles Pork Pot Stickers Cabbage & Carrots Clementine	Baked Ham Scalloped Potatoes Mixed Vegetables
TUESDAY 1/09 PBJ	Breakfast Pita Ham, Cheddar & Egg Applesauce	Eggplant Parmesan & Italian Sausage Tossed Salad Garlic Bread Applesauce	Swedish Meatballs Egg Noodles Peas & Carrots
WEDNESDAY 1/10 Ham	Blueberry Muffins Fruit Yogurt Fresh Fruit Variety	HNY! Roast Beef Prime Rib Scalloped Potatoes & Carrots Whole Wheat Rolls Fresh Fruit Variety	Pizza Night Tossed Salad
Thursday 1/11 PBJ	Broccoli and Cheddar Quiche Fruit Salad	Pork Burrito Bowl Brown Rice, Guacamole Pinto Beans, Corn Fruit Salad	Herb Roast Chicken Garlic Mashed Potatoes Brussels Sprouts
FRIDAY 1/12 Turkey	Fruit Smoothies Bagels w/ Cream Cheese Fresh Fruit Variety	Baked Salmon w/ Beet & Orange Salad Fennel Quinoa	Roast Pork Loin Parsley Potatoes Butternut Squash
SATURDAY 1/13 PBJ	Scrambled Eggs Corned Beef Hash English Muffins Grapes	Corn & Chicken Chowder Biscuits, Green Salad Grapes	Jambalaya

Daily Breakfast Alternative: Cereal
(*Cheerios, Honey Nut Cheerios, Raisin Bran, Corn Flakes*)

Daily Lunch Alternative: Sandwich on Whole Wheat

Check the day of the week to see that day's lunch alternative!

1% or Skim Milk served daily with every meal

Juice with Breakfast Daily
(*Cranberry, Apple, Orange*)



January 2024 Menu

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	BREAKFAST	LUNCH	DINNER
SUNDAY 1/14 Turkey	French Toast W/ Fresh Fruit Bacon Fresh Fruit Variety	Hot Dogs & Poutine Cole Slaw Cantaloupe & Honeydew	Chicken Cordon Blue Casserole
MONDAY 1/15 PBJ	McMuffin w/ Ham Applesauce	Chicken Gyro Pita Cucumber Tomato Romaine Feta, Olives Tzatziki Sauce Applesauce	Pork & Broccoli Stir Fry Veggie Fried Rice Egg Rolls
TUESDAY 1/16 Ham	Spinach & Cheddar Omelets English Muffins Clementine	Beef & Pinto Bean Soup Veggie Quesadilla Clementine	Country Chicken Rice Pilaf Green Beans
WEDNESDAY 1/17 PBJ	Apple Spice Muffins Fruit Yogurt Fresh Fruit Variety	Turkey Club Wrap Potato Salad Fresh Fruit - Variety	Mac & Cheese Night Tossed Salad
THURSDAY 1/18 Ham	Breakfast Pita Eggs, Ham, Cheddar Pineapple	Cornmeal Crusted Catfish Red Beans & Rice Braised Kale Pineapple	Shepherd's Pie
FRIDAY 1/19 PBJ	Oatmeal w/Fresh Fruit Toast w/Butter & Jam Fresh Fruit - Variety	Thai Beef Salad Rice Noodles Romaine Cucumber Carrots Peanuts Honeydew & Cantaloupe	Chicken Stroganoff Egg Noodles Peas & Carrots
SATURDAY 1/20 Turkey	Western Scramble Hash Browns Toast Fruit Salad	Leek & Potato Soup Grilled Cheese Sandwich Fresh Fruit Variety	Fish & Chips Cole Slaw

January 14 - 20

Daily Breakfast Alternative: Cereal
*(Cheerios, Honey Nut Cheerios,
Raisin Bran, Corn Flakes)*

**Daily Lunch Alternative: Sandwich
on Whole Wheat**

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lunch alternative!

**1% or Skim Milk served daily with
every meal**

Juice with Breakfast Daily
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SUNDAY 1/21 Ham	Pancakes w/ Fresh Fruit Pork Breakfast Sausage Orange Wedges	Kielbasa Sub Saur Kraut Baked Beans Orange Wedges	Tortellini w/ Chicken Pesto Alfredo Sauce
MONDAY 1/22 PBJ	McMuffin w/ Bacon Pineapple	Stromboli w/ Marinara Caesar Salad Pineapple	Roast Pork Loin Baked Potato Mixed Vegetables
TUESDAY 1/23 Turkey	Biscuits & Sausage Gravy Scrambled Eggs Honeydew Cantaloupe	Shrimp Salad Roll French Fries Honeydew Cantaloupe	Chicken Cacciatore Orzo Pasta
WEDNESDAY 1/24 PBJ	Cranberry Muffins Fruit Yogurt Fresh Fruit Variety	Cheeseburgers LTO French Fries Clementine	Pizza Night Tossed Salad
THURSDAY 1/25 Ham	Bacon & Cheddar Strata Pineapple	Curried Chicken Salad Pita Greens Almonds Pineapple	Braised Beef & Dumplings Peas & Carrots
FRIDAY 1/26 PBJ	Fruit Smoothies Bagel w/ Cream Cheese Fresh Fruit Variety	Corned Beef & Cabbage Carrots & Parsnips Potatoes Irish Soda Bread Grapes	Baked Salmon Rice Pilaf Green Beans
SATURDAY 1/27 Turkey	Scrambled Eggs Corned Beef Hash English Muffins Applesauce	Chicken Tenders & Fries Carrot & Celery Sticks Applesauce	Meatloaf Mashed Potatoes Corn

January 21 - 26

Daily Breakfast Alternative: Cereal
*(Cheerios, Honey Nut Cheerios,
Raisin Bran, Corn Flakes)*

**Daily Lunch Alternative: Sandwich
on Whole Wheat**

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lunch alternative!

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every meal**

Juice with Breakfast Daily
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January 2024 Menu

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January 28 – Feb 3

	BREAKFAST	LUNCH	Dinner
SUNDAY 1/28 PBJ	French Toast w/ Fresh Fruit Bacon Fresh Fruit Variety	Pastrami Reuben Roasted Broccoli Fruit Salad	Three Cheese Ravioli Marinara Green Salad Garlic Knots
MONDAY 1/29 Turkey	McMuffin w/ Turkey Sausage Orange Wedges	Grilled Chicken Greek Salad Romaine Feta Hummus Pita Grapes	Beef & Broccoli Stir Fry Veggie Fried Rice Egg Rolls
TUESDAY 1/30 PBJ	Spinach & Cheddar Omelet Toast w/ Butter & Jam Pineapple	Pulled Pork Fatty Taco Cilantro Slaw Guacamole Pineapple	Chicken Cutlet Egg Noodles Green Beans
WEDNESDAY 1/31 Ham	Banana Muffins Fruit Yogurt Fresh Fruit Variety	Chicken & Sausage Gumbo Over Brown Rice Fresh Fruit Variety	Mac & Cheese Night Tossed Salad
THURSDAY 2/01 PBJ	Breakfast Pita Fruit Salad	Hot Turkey Sandwich Mashed Sweet Potatoes Green Beans Fruit Salad	Baked Potato Bar w/ All The Fixin's Broccoli
FRIDAY 2/02 Turkey	Oatmeal w/Fresh Fruit Toast w/Butter & Jam Fresh Fruit - Variety	BBQ Beef Sandwich Cole Slaw Baked Beans Pineapple	Lemon & Herb Roast Chicken Smashed Potatoes Spinach
SATURDAY 2/03 PBJ	Scrambled Eggs Pork Breakfast Sausage Hash Browns Toast Cantaloupe	Haddock Sandwich Lettuce Tartar Sauce French Fries Cantaloupe	Baked Ziti Beef Marinara Mozzarella Tossed Salad

Daily Breakfast Alternative: Cereal
(Cheerios, Honey Nut Cheerios, Raisin Bran, Corn Flakes)

Daily Lunch Alternative: Sandwich on Whole Wheat
Check the day of the week to see that day's lunch alternative!

1% or Skim Milk served daily with every meal

Juice with Breakfast Daily
(Cranberry, Apple, Orange)



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