




# January lunch menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Sloppy Joe 26g Chips 15g Jr Corndog 18g	3 Grilled ham and cheese sandwich 31.3g Fries 10 pc 30g Jr: Sloppy Joes	4 Breakfast for lunch Pancake 2xmini=15g Sausage Patty=1g Hashbrown patty=12g	5 <i>Malibu Chicken</i> Chicken patty 16g Swiss cheese -.01g Ham .48g Mashed p'tato 18g Jr Hot dog 21g	6 PIZZA 1pc=21g Cookie 1pc=13g	7 *Items may change due to availability*
8 *Daily options* PB&J 1 pc=28g Entrée Salad 1 cup =1g (without mix ins)	9 Chicken nuggets 4 nugs=9g Mixed veggies 1g Jr Hamburger	10 Ham wrap 42 g Chips 15 g Jr Buffalo Fingers 8g	11 Chili 4oz=30 g Cornbread 1pc=15 g Chili fries=43g	12 3 cheese tortellini w/choice of sauce Spaghetti sauce: 12g Alfredo sauce 8g Garlic breadstick 23g	13 PIZZA 1pc=21g Cookie 1pc=13g	14
15	16 	17 	18 Hot dog 21g Chips 15g Jr. Fish nuggets 22g	19 Fish nuggets 22g Corn 1g Jr Corndog 18g	20 PIZZA 1pc=21g Cookie 1pc=13g	21
22	23 Hamburger 27g Fries 20g Jr. Hotdog 21g	24 Mac 'n Cheese 27g Veggies 1g Jr. 49g Cheese quesadilla	25 Pasta choice of sauce Meaty spaghetti 26g Chicken Alfredo 18g Garlic Breadstick 23g	26 Nachos 20g Veggies 1g Jr Sloppy Joe	27 PIZZA 1pc=21g Cookie 1pc=13g	28
29	30 Chicken patty 16g Mashed potatoes 18g & gravy 4g Jr corndog 18g	31 Chicken noodle soup w/ roll Jr Buffalo Fingers 8g				

# January Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Cereal Parfait	3 Bagels & cream cheese	4 Maple Pancakes	5 Breakfast Pizza	6 French Toast Sticks	7 <i>*Items may change due to availability*</i>
8 Breakfast includes juice/milk and ½ c of fruit	9 Fruit Parfait	10 Maple Pancakes	11 Breakfast Pizza	12 Bagels & cream cheese	13 Cereal Parfait	14
15 *Optional cereal*	16 	17 	18 French Toast Sticks	19 Cereal Parfait	20 Breakfast Pizza	21
22	23 Maple Pancakes	24 Cereal Parfait	25 Breakfast Pizza	26 Bagels & cream cheese	27 French Toast Sticks	28
29	30 Breakfast Pizza	31 Bagels & cream cheese				