

January, 2023


Tuesday

Wednesday

Thursday

Friday

Monday

		Baked Ziti 3 Spinach Salad Whole Wheat Roll Fruit Brownie MO: Veg. Ziti	Baked Fish 4 Red Potatoes Cole Slaw WW Dinner Roll Fruit Birthday Cake MO: Mac & Cheese	Roast Beef/Gravy 5 Mashed Potatoes Glazed Carrots Bread Fruit Cookie MO: Veggie Patty	Scalloped Potatoes & Ham 6 Winter Veg. Mix Multigrain Bread Fruit Spice Cake MO: Cheese Sandwich
Sloppy Joe 9 Minestrone Fruit Cookie MO: Egg Salad	Breaded Fish Sandwich 10 On a Wheat Bun Au gratin Potatoes Cole Slaw Cherry Pie MO: Hummus Sandwich	Beef Stroganoff 11 California Veggies Juice Wheat Bread Fruit MO: Soy Stroganoff	Dijon Chicken 12 Scalloped Potatoes Green Beans Fruit Italian Bread Ice Cream Sandwich MO: Veggie Patty	Cold Beef Sandwich 13 Vegetable Soup Fruit Cake MO: Cheese Sandwich	
 Closed for MLK Day	Pork Cutlet 17 Brussel Sprouts 3 Bean Salad Rye Bread Fruit Ice Cream MO: Stuffed Shell	Lasagna 18 Romaine Salad Garlic Toast Fruit Sherbet MO: Veggie Lasagna	Chili with Beans 19 Corn Bread Cottage Cheese Fruit Cookie MO: Veggie Chili	Tuna Noodle Casserole 20 Peas & Carrots Fruit Juice Muffin Apple Turnover MO: Soy Curmble Casserole	
Chicken Noodle Soup 23 Meatball Sandwich Fruit Cookie MO: Egg Salad	Chicken & Gravy 24 Mashed Potatoes Beets Bread Fruit MO: Red Beans & Rice	Bratwurst on Bun 25 Calico Beans Baby Carrots Fruit MO: Veggie Burger	Mushroom Steak/Gravy 26 Mashed Potatoes Whole Wheat Roll Garden Blend Veggies Fruit Cup Cake MO: Veggie Patty	Swedish Meatballs 27 Noodles Cucumber Salad Carrots Applesauce MO: Soy Crumble Gravy	
Chicken, Broccoli & Rice Casserole 30 Green Beans Whole Wheat Roll Fruit Angel Food Cake MO: Veggie Casserole	Spaghetti & Meatballs 31 Romaine Salad Italian Bread Fruit Frosted Cake MO: Soy Crumbles in Sauce				

