




JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
DAILY CHOICES: SANDWICH ~~~~~ YOGURT/BAGEL&CREAM CHEESE/SUNFLOWER SEEDS ~~~~~ VARIETY OF FRUITS AND VEGETABLES ~~~~~ VARIETY OF MILK	2 SWEET & SOUR CHICKEN OVER WHOLE GRAIN RICE ~~~~~ CHICKEN FAJITA WITH OPTIONAL PEPPERS ~~~~~ LAYER DIP AND CHIPS	3 WHOLE GRAIN PIZZA ~~~~~ BBQ SHREDDED PORK SLIDERS ~~~~~ CAESAR SALAD	4 WG CHICKEN NUGGETS AND MINI BUN ~~~~~ HAM, EGG AND CHEESE MACMUFFIN ~~~~~ JOJO POTATOES	5 INDIVIDUAL WHOLE GRAIN HAWAIIAN PIZZA ~~~~~ CHICKEN ENCHILADA ~~~~~ STRAWBERRY CUP
8 WG TOASTED CHEESE SANDWICH ~~~~~ WG CHICKEN STRIPS AND MINI BUN ~~~~~ TOMATO SOUP	9 TURKEY GRAVY/MASHED POTATOES/GRAVY ~~~~~ ROASTED HONEY BBQ CHICKEN ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ GREEN BEAN	10 WHOLE GRAIN PIZZA ~~~~~ BBQ POPCORN CHICKEN WRAP ~~~~~ CAESAR SALAD	11 TERIYAKI CHICKEN OVER WHOLE GRAIN RICE ~~~~~ HAM & CHEESE PANINI & SMALL BAG POTATO CHIPS ~~~~~ BROCCOLI WITH CHEESE	12 What do you give a sick lemon?  LEMON AID
15 MLK DAY 	16 BREAKFAST FOR LUNCH CHICKEN FRIED STEAK WITH POTATOES & COUNTRY GRAVY ~~~~~ FRENCH TOAST STICKS & SAUSAGE ~~~~~ WG BISCUIT WITH STRAWBERRY JAM ~~~~~ BLUEBERRIES WITH WHIPPED TOPPING	17 WHOLE GRAIN PIZZA ~~~~~ BBQ SHREDDED PORK HOAGIE SANDWICH ~~~~~ CAESAR SALAD	18 CHEESEBURGER ON A WG BUN ~~~~~ SLICED ROAST BEEF & CHEESE HOAGIE ~~~~~ OVEN ROASTED VEGETABLES	19 SWEET & SOUR CHICKEN OVER WHOLE GRAIN RICE ~~~~~ WG PIZZA QUESADILLA ~~~~~ CORN
22 BEEF HOT DOG ON A WHOLE GRAIN BUN ~~~~~ BBQ SHREDDED CHICKEN SANDWICH ~~~~~ BAKED BEANS	23 HOMEMADE CHILI WITH FRESH TOPPINGS ~~~~~ WHOLE GRAIN CHICKEN NUGGETS ~~~~~ FRESH MADE WG CINNAMON ROLL	24 WHOLE GRAIN PIZZA ~~~~~ BBQ POPCORN CHICKEN WRAP ~~~~~ CAESAR SALAD	25 TERIYAKI CHICKEN OVER WHOLE GRAIN RICE ~~~~~ HAM & CHEESE PANINI & SMALL BAG POTATO CHIPS ~~~~~ BROCCOLI WITH CHEESE	26 DID YOU KNOW?  THE CUCUMBER IS ONE OF THE MOST HYDRATING FOODS. IT IS 96% WATER!!
29 WG HAM & SWISS CHEESE HAWAIIAN SLIDERS ~~~~~ INDIVIDUAL WHOLE GRAIN PEPPERONI PIZZA ~~~~~ OVEN ROASTED VEGETABLES	30 SPAGHETTI WITH GROUND BEEF MARINARA AND PARMESAN CHEESE ~~~~~ WG CORN DOG ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ CORN	31 WHOLE GRAIN PIZZA ~~~~~ BBQ SHREDDED PORK SLIDERS ~~~~~ CAESAR SALAD	Weekly Specials: MONDAY: CHEESEBURGER ON A WHOLE GRAIN BUN TUESDAY: SHREDDED BBQ CHICKEN ON A BUN WEDNESDAY: CHICKEN SANDWICH THURSDAY: HOAGIE SANDWICH	