

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 AM: Bagels & Cream Cheese L: Vegetable Lasagna Garlic Bread Pineapples PM: Chex Mix	4 AM: Pancakes L: Chicken Marinara Rice & Vegetable Peaches PM: Mixed Fruit	5 AM: Cereal L: Spaghetti Green Beans Pears PM: Ritz Cheese Crackers	6 Chefs Choice	
9 AM: Blueberry Muffins L: Chicken Sandwich Potato Wedges Apples PM: Gold Fish	10 AM: Nutri Grain Bars L: Chicken Alfredo Salad Peaches PM: Mixed Fruit	11 AM: Mixed Fruit L: Tortellini Green Beans Fruit Cocktail PM: Vanilla Wafers	12 AM: Yogurt & Granola L: Quesadilla Tator Tots Apples PM: Tortilla Chips & Cheese	13 Chefs Choice
16 MLK Day School Closed	17 AM: Applesauce L: Macaroni & Cheese Baked Beans Zucchini PM: Crackers & Hummus	18 AM: Rice Krispy Cereal L: Terriyaki Chicken Rice Stir Fry Pineapples PM: Corn Bread	19 AM: Bagels & Cream Cheese L: Chicken Wrap Sweet Potatoe Tots Pears PM: Berry Crackers	20 Chefs Choice
23 AM: Sausage Muffins L: Chicken Nuggets Tomato Soup Pears PM: Sunbutter & Apples	24 AM: Cheerios L: Grilled Cheese Tomato Soup Apples PM: Mixed Fruit	25 AM: Cinnamon Muffins L: Nachos Rice & Beans Mango PM: Celery & Ranch	26 AM: Tropical Fruit Salad L: Beef Sliders Tator Tots Strawberries PM: Cheez Its	27 Chefs Choice
30 AM: Sun Butter & Bananabread L: Chicken Tenders Potatoes Pears PM: Pretzel Bites & Cheese	31 AM: Yogurt & Fruit L: Pesto Pasta Broccoli Pineapples PM: Nutri Grain Bar		28 Chefs Choice	