



# JANUARY 2023

Skim and 1% Milk Offered Daily

## Monday

2

## Tuesday

3

Rolled Beef Taquitos &  
Spanish Rice  
Pinto Beans  
Applesauce

## Wednesday

4

Baked Beef Ziti Pasta  
Baby Carrots  
Fresh Sliced Orange

## Thursday

5

Grilled Ham & Cheese Melt  
Cucumbers  
Diced Pears

## Friday

6

Pepperoni Pizza  
Broccoli  
Sliced Peaches

Cheeseburger  
Cucumbers  
Applesauce

9

Bean & Cheese Nachos  
Baby Carrots  
Sliced Peaches

10

Spaghetti W/ Meat Sauce  
Garbanzos  
Diced Pears

11

Cold Turkey & Cheese Sandwich  
Green Beans  
Fresh Sliced Oranges

12

Pepperoni Pizza  
Broccoli  
Sliced Peaches

13



16

Turkey Hot Dog  
Steamed Corn  
Honeydew

17

Baked Chicken Sandwich  
Cucumbers  
Fresh Sliced Orange

18

Cold Cut Sub  
Baby Carrots  
Applesauce

19

Pepperoni Pizza  
Broccoli  
Sliced Peaches

20

Turkey Corn Dog  
Steamed Corn  
Fresh Sliced Orange

23

Bean & Cheese Burrito  
Baby Carrots  
Diced Pears

24

Chicken Fried Rice W/  
Stir-Fry Veggies  
Cucumbers  
Cantaloupe

25

Ham & Cheese Croissant  
Garbanzos  
Honeydew

26

Pepperoni Pizza  
Broccoli  
Sliced Peaches

27

Chicken Nuggets  
Mashed Potatoes & Gravy  
Sliced Peaches

30

Chicken Fajita Quesadilla  
Pinto Beans  
Honeydew

31

Menu is subject to change due to product availability  
"This institution is an equal opportunity provider"