

January 2022

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| <p>Monday</p> <p>3 Breakfast: Bagel w/ cream cheese, or assorted cereal Lunch: Chicken Patty Sandwich, fresh carrots, seasoned potatoes Deli: Turkey & Cheese Sandwich Potato salad Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p> | <p>Tuesday</p> <p>4 Breakfast: French Toast w/ syrup or assorted cereal Lunch: Cheese burger, baked beans, corn Black Bean & Pasta Salad Deli: Ham & Cheese sandwich Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>Wednesday</p> <p>5 Breakfast: Egg, ham, cheese Quesadilla or assorted cereal Lunch: Rotini w/meat sauce, roll Deli: Turkey & Cheese Sandwich Side Caesar Salad w/ parmesan & croutons Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & Roll</p> | <p>Thursday</p> <p>6 Breakfast: egg, Sausage, & Cheese on an English Muffin or assorted cereal Lunch: BBQ Pull Pork Sandwich, pretzels, Caesar salad, or apple slices Deli: Ham & Cheese Sandwich Broccoli Pasta Salad Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>Friday</p> <p>7 Breakfast: egg, Sausage, & Cheese on an English Muffin or assorted cereal Lunch: 2 Cheese Stuffed breadsticks w/marinara sauce, side salad or apple slices Deli: Ham & Cheese Sandwich Broccoli Pasta Salad Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> |
| <p>10</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal Lunch: Baked Chicken, cranberry sauce, fresh carrots, seasoned potatoes, & roll Deli: Turkey & Cheese Sandwich Potato salad Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p> | <p>11</p> <p>Breakfast: French Toast w/ syrup or assorted cereal Lunch: Cheese burger, baked beans, corn Black Bean & Pasta Salad Deli: Ham & Cheese sandwich Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>12</p> <p>Breakfast: Egg, ham, & cheese quesadilla or assorted cereal Lunch: Penne Pasta with meat sauce, roll Deli: Turkey & Cheese Sandwich Side Caesar Salad Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & Roll</p> | <p>13</p> <p>Breakfast: 2 Pancakes w/sausage & syrup or assorted cereal Lunch: Hot Dog, pretzels, Caesar Salad and Apple Slices Deli: Tuna Salad sandwich Broccoli Pasta Salad Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>14</p> <p>Breakfast: Egg, ham, & cheese on English Muffin or assorted cereal Lunch: Linguica Cheese Pizza w/ side salad or fruit Deli: Ham & Cheese sandwich Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & Roll</p> |