

# January 2023

<p><b>9 Monday</b></p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: Quesadilla, rice, refried beans</p> <p>Deli: Ham &amp; Cheese Sandwich fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, &amp; roll</p>	<p><b>10 Tuesday</b></p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Stuffed pasta shells, green beans, garlic bread</p> <p>Deli: Turkey &amp; Cheese sandwich fresh broccoli w/ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; roll</p>	<p><b>11 Wednesday</b></p> <p>Breakfast: Egg, ham, &amp; cheese quesadilla or assorted cereal</p> <p>Lunch: Popcorn chicken, mashed potato, corn ,gravy</p> <p>Deli: Ham and cheese sandwich fresh carrots with ranch dip</p> <p>Salad: Chicken caesar w/romaine mix, croutons, parmesan cheese &amp; a roll</p>	<p><b>12 Thursday</b></p> <p>Breakfast: 2 pancakes w/ sausage &amp; syrup or assorted cereal</p> <p>Lunch: Buffalo chicken, mac and cheese, broccoli</p> <p>Deli: Turkey and cheese sandwich fresh broccoli with ranch dip</p> <p>Salad: Grilled chicken w/ tomato,cucumbers,cheese,croutons and a roll</p>	<p><b>13 Friday</b></p> <p>Breakfast: Egg, sausage and cheese on an english muffin or assorted cereal</p> <p>Lunch: Pizza, tossed salad</p> <p>Deli: Ham and cheese sandwich fresh carrots with ranch dip</p> <p>Salad: Chicken caesar w/romaine mix,parmesan cheese and a roll</p>
<p><b>16 Monday</b></p> <p><b>MARTIN LUTHER KING JR. DAY</b></p>	<p><b>17 Tuesday</b></p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Chicken tenders, mashed potato, peas, dipping sauces</p> <p>Deli: Turkey &amp; Cheese Sandwich broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; roll</p>	<p><b>18 Wednesday</b></p> <p>Breakfast: Egg , ham and cheese quesadilla or assorted cereal</p> <p>Lunch: Chicken noodle soup, double stack grilled cheese, goldfish,and carrots</p> <p>Deli:Ham &amp; Cheese Sandwich w/ black bean salad</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, &amp; roll</p>	<p><b>19 Thursday</b></p> <p>Breakfast: 2 Pancakes w/sausage &amp; syrup or assorted cereal</p> <p>Lunch: Cacoila nacho's w/cheese refried beans, salsa and sour cream</p> <p>Deli: Turkey &amp; Cheese Sandwich fresh carrots w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; roll</p>	<p><b>20 Friday</b></p> <p>Breakfast: Egg, sausage and cheese on an english muffin or assorted cereal</p> <p>Lunch: Pizza, tossed salad</p> <p>Deli: Ham and cheese sandwich fresh broccoli w/ ranch dip</p> <p>Salad: chicken caesar w/ romaine mix, parmesan cheese and roll</p>