

January 2023

<p>23 Monday</p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: Fiery chicken fingers, rice, and carrots</p> <p>Deli: Ham & Cheese Sandwich fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p>	<p>24 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Meatball sub, tater tots, green beans</p> <p>Deli: Turkey & Cheese sandwich fresh broccoli w/ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>25 Wednesday</p> <p>Breakfast: Egg, ham, & cheese quesadilla or assorted cereal</p> <p>Lunch: Corndog, baked beans, corn</p> <p>Deli: Ham and cheese sandwich fresh carrots with ranch dip</p> <p>Salad: Chicken Caesar w/romaine mix, croutons, parmesan cheese & a roll</p>	<p>26 Thursday</p> <p>Breakfast: 2 pancakes w/ sausage & syrup or assorted cereal</p> <p>Lunch: Spicy chicken patty, seasoned potato, carrots w/ ranch dip</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>27 Friday</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>February</p>		
<p>30 Monday</p> <p>Breakfast: French toast w/ syrup, or assorted cereal</p> <p>Lunch: Cheeseburger, lettuce and tomato, French fries, carrots w/ ranch dip</p> <p>Deli: Ham and cheese Sandwich fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese & roll</p>	<p>31 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Penne pasta w/ meat sauce, green beans, garlic bread</p> <p>Deli: Turkey & Cheese Sandwich broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>1 Wednesday</p> <p>Breakfast: Egg, ham and cheese quesadilla or assorted cereal</p> <p>Lunch: Hot dog, baked beans, broccoli w/ranch dip</p> <p>Deli: Ham & Cheese Sandwich w/ black bean salad</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & roll</p>	<p>2 Thursday</p> <p>Breakfast: 2 Pancakes w/sausage & syrup or assorted cereal</p> <p>Lunch: Baked chicken, mashed potato, peas</p> <p>Deli: Turkey & Cheese Sandwich fresh carrots w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>3 Friday</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>