

JANUARY 2024

22 Monday Breakfast: French toast sticks w/ syrup or assorted cereal Lunch: Quesadilla, mexican cheesy rice, refried beans, corn, salsa, sourcream Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip Salad: Chicken caesar w/ romaine mix, croutons, parmesan cheese & a roll	23 Tuesday Breakfast: Bagel w/ cream cheese, or assorted cereal Lunch: Chicken nuggets, dipping sauces, crispy fries, broccoli, roll Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip Salad: Grilled chicken with tomato, cucumbers, cheese, croutons, & a roll	24 Wednesday Breakfast: Breakfast sandwich, egg, sausage and cheese on a bagel or english muffin or waffle or assorted cereal Lunch: Spaghetti & meatballs, garlic bread, green beans Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip Salad: Chicken caesar w/ romaine mix, croutons, parmesan cheese & a roll	25 Thursday Breakfast: 2 Pancakes w/ sausage & syrup or assorted cereal Lunch: Chicken wings, mashed potato, gravy, peas, and a roll Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip Salad: Grilled chicken with tomato, cucumber, cheese, croutons and a roll	26 Friday Breakfast: Egg, sausage and cheese, on an english muffin or assorted cereal Lunch: Domino's pizza, romaine salad Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip Salad: Chicken caesar w/ romaine, croutons, parmesan cheese & a roll
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29 Monday Breakfast: French Toast sticks w/ syrup or assorted cereal Lunch: Chicken patty, potato wedges, 3 bean salad Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip Salad: Chicken caesar w/ chopped romaine, croutons, parmesan cheese & a roll	30 Tuesday Breakfast: Bagel w/ cream cheese, or assorted cereal Lunch: Baked chicken, mashed potato, mixed veggies, and a roll Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & a roll	31 Wednesday Breakfast: Breakfast sandwich, egg, sausage, and cheese on a bagel or english muffin or waffle or assorted cereal Lunch: American chop suey, green beans, garlic bread Deli: Ham and cheese sandwich, fresh carrots, w/ ranch dip Salad: Chicken caesar w/ romaine mix, croutons, parmesan cheese & a roll	1 Thursday Breakfast: 2 pancakes w/ sausage & syrup or assorted cereal Lunch: Soup and grilled cheese, goldfish, broccoli Deli: Turkey and cheese sandwich, fresh broccoli, w/ ranch dip Salad: Grilled chicken, w/ tomato, cucumbers, cheese, croutons and a roll	2 Friday Breakfast: Egg, sausage, and cheese, on an english muffin or assorted cereal Lunch: 2 Bosco sticks, marinara sauce, romaine salad Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip Salad: Chicken caesar w/ chopped romaine, croutons, parmesan cheese & a roll