

January, 2023 Breakfast, Lunch & Supper

4th

PANCAKE ON A STICK

CHICKEN QUESADILLA
STEAMED BROCCOLI
GLAZED CARROTS
PINEAPPLE

CHICKEN TENDERS
FRENCH FRIES
APPLESAUCE

5TH

WAFFLES W/ SYRUP

SPAGHETTI & MEAT SAUCE
W/ GARLIC BREAD
MIXED GREEN SALAD
GREEN BEANS
FROZEN FRUIT CUP

PHILLY CHEESESTEAK SANDWICH
VEGETABLE BLEND
ROASTED PEPPER & ONIONS
PEARS

6TH

BREAKFAST BURRITO

CRISPY CHICKEN SANDWICH
FRENCH FRIES
PEAS & CARROTS
FRUIT COCKTAIL

9TH

FRENCH TOAST STICKS W/ SYRUP

**MEATBALL SUB
WAFFLE FRIES
STEAMED CARROTS
GRAPES**

**LOADED BAKED POTATO W/ SLICED HAM,
BACON BITS, CHEESE, SOUR CREAM, BROCCOLI,
BLACK BEANS, SALSA
APPLE CRISP W/ ICE CREAM**

10TH

BACON SCRAMBLE PIZZA

**CHICKEN ALFREDO
W/ GARLIC BREAD
ITALIAN VEGETABLE BLEND
STRAWBERRIS**

**SHEPHERD'S PIE
MIXED VEGETABLES
FRUIT COCKTAIL**

11TH

BISCUITS & GRAVY

**BBQ PORK PATTY ON BUN
GLAZED CARROTS
ROASTED CAULIFLOWER
PEACHES**

**MACARONI & CHEESE W/ LITTLE SMOKIES
SPINACH
GRAPES**

12TH

PANCAKES W/ SYRUP

**BEEF, BEAN, CORN ENCHILADAS
REFRIED BEANS
SIDE SALAD
PEARS**

**CHEESEBURGER ON BUN
CORN CHIPS
STEAMED CARROTS
PEARS**

13TH

MUFFINS

**LEMON PEPPER TILAPIA
SAUTEED SPINACH
RED POTATOES
BANANA**

17TH

MINI CINNAMON CREAM CHEESE BAGELS

**FIESTADA PIZZA
ROASTED CAULIFLOWER
GLAZED CARROTS
BAKED CINNAMON APPLES**

**GRILLED CHEESE
TOMATO SOUP
CHIPS
MIXED FRUIT**

18TH

EGG & POTATO BREAKFAST BOAT

**SALISBURY STEAK
ROLL
MASHED POTATOES W/ GRAVY
SAUTEED ONIONS & PEPPERS
MANDARIN ORANGES**

**CHICKEN NACHOS
LETTUCE, TOMATO, SALSA, CHEESE SAUCE
BEANS
FROZEN FRUIT CUP**

19TH

FRUIT STRUDEL

**CHICKEN NUGGETS
W/ MAC & CHEESE
STEAMED BROCCOLI
CORN ON THE COB
FRUIT COCKTAIL**

20TH

SAUSAGE, EGG & CHEESE ENGLISH MUFFIN

**SHREDDED PORK BBQ SANDWICH
MIZED GREEN SALAD
SCALLOPED POTATOES
TROPICAL FRUIT SALAD
23RD**

SAUSAGE BREAKFAST PIZZA

**MANDARIN ORANGE CHICKEN
VEGETABLE FRIED RICE
ORIENTAL VEGETABLES
PINEAPPLE**

**SPAGHETTI & MEAT SAUCE
GARLIC BREAD
ITALIAN VEGETABLE BLEND
PEACHES**

24TH

DONUT

**BREADED BEEF FINGERS
MASHED POTATOES W/ GRAVY
GREEN BEANS
PEACHES**

**CHICKEN NOODLE SOUP
ROLL
CORN
GRAPES**

25TH

EGG & CHEESE BISCUIT

**PIZZA
BROCCOLI
APPLESAUCE
SHERBET CUP**

**MEATLOAF
BREAD & BUTTER
MACARONI & CHEESE
PEAS
MIXED FRUIT**

26TH

PANCAKE ON A STICK

**CHILI CHEESE FRITOS
VEGGIE STICKS
PEARS**

CINNAMON ROLL

**OVEN-FRIED CHICKEN LEG
BREAD & BUTTER
MASHED POTATOES W/ GRAVY
STRAWBERRIES**

27TH

WAFFLES W/ SYRUP

**FISH SANDWICH
GREEN BEANS
CREAMY COLESLAW
BANANA**

30TH

**SCRAMBLED EGGS
TOAST**

**SLOPPY JOE ON BUN
ROASTED CAULIFLOWER
SWEET POTATO TOTS
PEARS**

**SWEET & SOUR CHICKEN
VEGETABLE FRIED RICE
MIXED FRUIT SALAD**

31ST

BREAKFAST PIZZA

**TURKEY POT PIE
BISCUIT
STEAMED CARROTS
GRAPES**

**BEEF HOT DOG ON BUN
CHIPS
BAKED BEANS
FRUIT COCKTAIL**