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
Strawberries

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