

# January 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 CHICKEN SAND GREEN BEANS DICED POTATOES ROMAINE SALAD	5 CHEESEBURGER FRENCH FRIES PEAS ROMAINE SALAD	6 PIZZA CARROTS CORN ROMAINE SALAD	7
4	9 PBJ SANDWICH VEGS STRING CHEESE ROMAINE SALAD	10 CORNDOG GREEN BEANS FRENCH FRIES ROMAINE SALAD	11 TURKEY ROAST POTATOES PEAS ROMAINE SALAD	12 CHICKEN SAND CORN ON COB ROMAINE SALAD	13 HOT POCKET CUCUMBER SALAD ROMAINE SALAD	14
15 FRUIT & MILK DAILY	16 Martin Luther King Holiday	17 CHICKEN TENDERS HASHBROWNS PEAS ROMAINE SALAD	18 BBQ SANDWICH BROCCOLI FRENCH FRIES ROMAINE SALAD	19 CHEESEBURGER FRENCH FRIES PEAS ROMAINE SALAD	20 PIZZA CARROTS CORN ROMAINE SALAD	21 MENU IS SUBJECT TO CHANGE
22	23 CRISPITO BROCCOLI SALAD ROMAINE SALAD	24 FISH SAND COLESLAW TATER TOTS ROMAINE SALAD	25 SLOPPY JOE FRENCH FRIES BROCCOLI ROMAINE SALAD	26 CHICKEN SAND CORN ON COB ROMAINE SALAD	27 HOT POCKET CUCUMBER SALAD ROMAINE SALAD	28
29	30 CHICKEN FAJITA TORTILLA TACO BEANS ROMAINE SALAD	31 HOT DOG CHILI SAUERKRAUT ROMAINE SALAD				



**CARROTS CONTAIN HIGH QUANTITIES OF ALPHA- AND BETA-CAROTENE, AND ARE A GOOD SOURCE OF VITAMIN K AND B6. THE MOST COMMONLY EATEN PART OF THE PLANT IS THE TAPROOT. CARROTS CAN BE EATEN RAW OR COOKED. GRATED CARROTS ARE USED IN CARROT CAKES AND CARROT JUICE IS A WIDELY MARKETED HEALTH DRINK. CNP IS AN EQUAL OPPORTUNITY EMPLOYER**

**BILLINGSLEY  
SCHOOL**