

January Menu North Zulch

A Chef Salad, Milk, and an Uncrustable Grab N' Go will also be offered.

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3 <i>Enjoy Your Day Off!</i> | 4 Nachos Lettuce & Tomato Refried Beans Spanish Rice Homemade Salsa Banana Sundaes | 5 Lasagna with Garlic Toast or Pizza Steamed Broccoli Tossed Salad Fruit Cup | 6 Chicken Nuggets or Steak Fingers with Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream | 7 Cheese Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit |
| 10 Soup and Sandwich Baked Chips Lettuce & Pickles Carrot Dippers Fruit Salad | 11 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Fruit Cup | 12 Spaghetti with Meat Sauce and Garlic Toast or Pizza Seasoned Green Beans Side Salad Fruit Cup | 13 Country Chicken Bowl or Chicken Bucket Hot Roll Seasoned Vegetables Pineapple Fluff | 14 Bacon Cheese Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit |
| 17 <i>Enjoy Your Day Off!</i> | 18 Enchiladas or Burritos Lettuce & Tomato Refried Beans Spanish Rice Homemade Salsa Berries & Cream | 19 Meatball Sub with Chips or Pizza Cucumber Salad Seasoned Vegetables Fruit Cup | 20 Chicken Strips or Steak Fingers with Hot Roll Mashed Potatoes Seasoned Vegetables Rainbow Apple Sauce | 21 Cheese Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit |
| 24 Mini Corn Dogs or Hot Dog Macaroni & Cheese Steamed Vegetables Carrot Dippers Fruit Cup | 25 Nachos Lettuce & Tomato Refried Beans Homemade Salsa Spanish Rice Fruit Cup | 26 Calzones or Pizza Seasoned Vegetables Side Salad Fruit Cup | 27 Country Chicken Bowl or Chicken Bucket Hot Roll Seasoned Vegetables Colorful Pears | 28 Chicken Sandwich or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit |

Snowy Veggie

Eating fruits and vegetables is a good way to boost your immune system during the cold, winter months. One vegetable that is in season this month is cauliflower! Don't let the lack of color fool you. There are so many nutrients in this snowy white vegetable! Eating cauliflower with some butter and seasoning is delicious, but not the only way to consume this yummy vegetable!

- ◆ You can mash it like potatoes and eat it with gravy.
- ◆ Try some roasted cauliflower with garlic. It's so good you won't even realize you're eating tons of vitamins and minerals!
- ◆ You can also buy cauliflower rice and eat it with your favorite Chinese food or chili!
- ◆ If you want to add a little fun to your meals this winter, grate it up and use it as "snow" on your favorite, savory meal.



An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|-----------------|-------------------------------|-----------------------|-----------------------------|------------------|
| Week 1 & 3 | Breakfast Pizza | Yogurt Parfait w/ Scoobies | French Toast Sticks | Eggs w/ Bacon or Sausage | Breakfast on Bun |
| Week 2 & 4 | Yogurt & Muffin | Pig in a Blanket | Chicken Honey Biscuit | Cinnamon Roll | Pancake Wrap |

This institution is an equal opportunity provider.