

# JANUARY

## MEADOWBROOK LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 WORK DAY</b> 	<b>4</b> STUFFED CRUST PIZZA OR CHEESE PIZZA Green Peas Straight Cut Fries Sliced peaches	<b>5</b> SPAGHETTI W/ GARDEN SALAD AND BREADSTICK OR HAMBURGER Lettuce and Tomato Green Beans Pear Halves	<b>6</b> SWEET AND SOUR CHICKEN w/BROCCOLI NORMANDY and BREADSTICK OR RIB-B-Q ON BUN Baked Beans Diced Apricots	<b>7</b> DELI TURKEY AND CHEESE or HAM AND CHEESE SUB Lettuce and Tomato Tater Tots Steamed Carrots
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT				
<b>10</b> RAVIOLI W/GARDEN SALAD AND BREADSTICK OR CHEESEBURGER Lettuce and Tomato Straight Cut Fries Fresh NC Apple	<b>11</b> BREAKFAST FOR LUNCH Sausage or Chicken w/eggs Biscuit and Gravy or Pancakes w/syrup Applesauce Tater Tots	<b>12</b> VEGETABLE BEEF SOUP GRILLED CHEESE OR PBJ SANDWICH Cucumber and Carrot Rounds w/dip Scrabble Cheez-its Sliced Peaches	<b>13</b> SLOPPY JO ON A BUN OR FISH TREASURES W/ HUSHPUPIES Baked Potato Corn on Cob Cole Slaw	<b>14</b> CHEESE PIZZA OR FRUIT AND YOGURT PLATE Tossed Salad Waffle Cut Fries Diced Apricots
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
<b>17 HOLIDAY</b> 	<b>18</b> HAMBURGER OR CHICKEN NUGGETS W/YEAST ROLL Lettuce and Tomato Crinkle Cut Potatoes Broccoli Spears Peach Slush Cup	<b>19</b> MAC AND CHEESE W/GRILLED FRANKS OR HAM Pinto Beans Steamed Cabbage Stewed Tomatoes Onions and Cornbread	<b>20</b> CHICKEN or BEEF TACOS Shredded Lettuce Diced Tomato Salsa, Sour Cream, Cheese Whole Kernel Corn Straight Cut Fries	<b>21</b> CHICKEN FILLET SANDWICH W/PICKLES OR STUFFED CRUST PIZZA Lettuce and Tomato Garden Salad Steamed Carrots
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
<b>24</b> CHICKEN NUGGETS W/ROLL OR HAMBURGER Lettuce and Tomato Waffle Fries Broccoli Spears	<b>25</b> SALISBURY STEAK OR PORK ROAST Mashed Potatoes Green Beans Honey Wheat Roll Strawberry Slush Cup	<b>26</b> SPAGHETTI W/ GARDEN SALAD AND BREADSTICK OR CHEESEBURGER Lettuce and Tomato Green Peas Pear Halves	<b>27</b> GRILLED HAM AND CHEESE OR PBJ SANDWICH Tomato Soup Carrot and Cucumber Rounds w/dip Crackers Fresh Apple	<b>28</b> PEPPERONI PIZZA OR FISH SANDWICH W/TARTAR SAUCE Corn Tater Tots Diced Apricots
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT				
<b>31</b> BAKED ZITI W/GARDEN SALAD AND BREADSTICK OR MINI CORNDOGS Broccoli Normandy Sliced Peaches	<p style="color: #00b0f0; font-weight: bold;">“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”</p> <p style="color: #00b0f0; font-weight: bold;">Subject to change.</p>			
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				

