

# JANUARY

## MIDDLE AND HIGH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> SPICY CHICKEN FILLET BISCUIT Seasoned Straight Cut Fries Green Beans	<b>4</b> SANTE FE PASTA W/ BREAD Whole Kernel Corn Black Beans Pineapple	<b>5</b> HAMBURGER Lettuce and Toamto Pickle Chips Green Peas Spicy Fries Diced Pears	<b>6</b> SWEET AND SOUR CHICKEN w/BROCCOLI NORMANDY and BREADSTICK Garden Salad	<b>7</b> DELI TURKEY AND PEPPER JACK 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> CHEF BOYARDEE BAKED RAVIOLI W/ GARDEN SALAD AND BREADSTICK Fresh Fruit	<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 Crackers	<b>13</b> CHICKEN ALFREDO W/BREADSTICK Tender Broccoli Steamed Carrots Cherry Crisp	<b>14</b> FISH SANDWICH W/ TARTAR SAUCE Green Peas Curly Fries Diced Apricots
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
<b>17 WORK DAY</b> 	<b>18 WORK DAY</b> 	<b>19</b> MAC AND CHEESE LITTLE SMOKIES Pinto Beans Steamed Cabbage Stewed Tomatoes Sliced Onions Cornbread	<b>20</b> BEEF TACOS Shredded Lettuce Diced Tomato Salsa, Sour Cream, Cheese Whole Kernel Corn Straight Cut Fries	<b>21</b> CHEESE FILLED SOFT BREAD STICKS Caesar Salad Cream of Broccoli Soup
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
<b>24</b> SPICY CHICKEN CHUNKS W/YEAST ROLL Broccoli w/ Cheese Sauce Waffle Fries	<b>25</b> PORK ROAST AND GRAVY Mashed Potatoes Green Beans Hot Yeast Roll Strawberry Shortcake	<b>26</b> SPAGHETTI W/GARLIC BREAD STICK Fresh Garden Salad Pears	<b>27</b> BAKED HAM Sweet Potato Souffle Broccoli Casserole Honey Wheat Roll Spiced Apples	<b>28</b> SEAFOOD BASKET W/HUSHPUPPIES Baked Beans Corn on the Cob Cole Slaw
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 Broccoli Normandy Peach Cobbler	<p>“ THIS            INSTITUTION            IS AN EQUAL            OPPORTUNITY            PROVIDER.”</p> <p>Subject to change.</p>			

