


January 2023



Mon	Tue	Wed	Thu	Fri
	<p>3 Sweet & Sour Chicken & Pasta Mixed Vegetables Cauliflower Whole Wheat Roll Jell-O w/ Fruit</p>	<p>4 Panko Chicken Scalloped Potatoes Wax Beans & Peppers Whole Wheat Bread Pineapple</p>	<p>5 Cheese Ravioli w/ Meat Sauce Mixed Vegetables Butternut Squash Garlic Bread Tropical Fruit</p>	<p>6 Mac&Cheese Brussel Sprouts Stewed Tomatoes Honey Roll Cinnamon Apple Sauce</p>
<p>9 Roast Pork in Applesauce Mashed Potato Mixed Vegetables Rye Bread Fruit Cups</p>	<p>10 Beef & Bean Chili Broccoli Corn Bread Mandarin Oranges</p>	<p>11 Cheese Stuffed Shells Butternut Squash Spinach Whole Wheat Roll Pears</p>	<p>12 Veggie Lasagna Peas w/ Onions Garlic Bread Jell-O w/ Fruit</p>	<p>13 Chicken Alfredo Capri Blend Vegetables Carrots Whole Wheat Bread Tropical Fruit</p>
<p>16 Beef & Bean Chili Broccoli Whole Wheat Rolls Fruit Cups</p>	<p>17 Spaghetti w/ Meatballs Broccoli & Cauliflower Garlic Bread Pineapple</p>	<p>18 BBQ Chicken Ambrosia Salad Cucumber Salad Rye Bread Fruit Cups</p>	<p>19 Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Honey Wheat Roll Fruit Cups</p>	<p>20 Cheddar & Broccoli Frittata Hash Browns Diced Tomato w/ Broccoli Whole Wheat Bread Pears</p>
<p>23 Ground Beef & Vegetable Stew on a Biscuit Onions, Peppers & Mushrooms Broccoli Fruit Cups</p>	<p>24 Seafood Alfredo w/ Broccoli Dilled Carrots Asparagus Honey Wheat Roll Mango</p>	<p>25 Honey Dijon Chicken Parslied Rice Mixed Vegetables Rye Bread Peaches</p>	<p>26 Turkey Tetrizzini over Pasta Brussel Sprouts Garlic Bread Apple Slices</p>	<p>27 Stuffed Pepper Casserole Spanish Rice Mixed Vegetables Whole Wheat Bread Fruit Cups</p>
<p>30 Mac&Cheese Roasted Zucchini Stewed Tomatoes Whole Wheat Bread Fruit Cups</p>	<p>31 Salisbury Steak Roasted Red Potatoes Green Beans w/ Pepper & Onion Whole Wheat Roll Tropical Fruit</p>	