



Monday, Jan. 22

Breakfast
Breakfast Pizza

Lunch
Pizza
Chicken Tenders
Hamburger
Broccoli w/
Cheese Sauce

Tuesday, Jan. 23

Breakfast
Pop Tart & Yogurt

Lunch
Nacho Grande
Cheeseburger
Pizza Quesadilla
Refried Beans
Corn

Wednesday, Jan. 24

Breakfast
Chicken Biscuit

Lunch
Orange Chicken
Chicken Breast Filet
Hamburger
Rice
Winter Vegetable Mix

Thursday, Jan. 25

Breakfast
Granola Bar

Lunch
Hot Dog on Bun
Chili Con Carne
Cheeseburger
Cinnamon Roll
Corn

Friday, Jan. 26

Breakfast
Sausage Pancake
On a Stick

Lunch
Grilled Cheese
Sandwich
Fish Filet Sandwich
Pizza
Green Beans



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Monday, Jan. 29

Breakfast
French Toast Sticks

Lunch
Chicken Alfredo
Breaded Cheese Sticks
Hamburger
Glazed Carrots

Tuesday, Jan. 30

Breakfast
Fruit & Yogurt Parfait

Lunch
Buffalo Chicken Dip
w/ Chips
Soft Tacos
Refried Beans
Corn

Wednesday, Jan. 31

Breakfast
Sausage Biscuit

Lunch
General Tso Chicken
Cheeseburger
Chicken Breast Filet
Rice
Broccoli w/
Cheese Sauce

Thursday, Feb. 1

Breakfast
Cinnamon Crunch Bar

Lunch
Biscuits & Gravy
Scrambled Eggs
Spicy Chicken Sandwich
Hamburger
Tater Tots
Corn

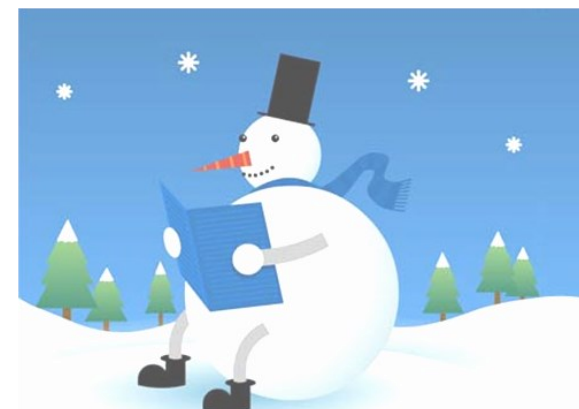
Friday, Feb. 2

Breakfast
Biscuits & Gravy

Lunch
Ravioli
Pizza
Cheeseburger
Fish Filet Sandwich
Garlic Roll
Green Beans



I'm making sure I
get my five daily
portions!



JUST READ!