



Monthly Menu for January 2023

Menu for Week 1			
Day of the Week	Breakfast	Lunch	Snack
Monday 1/02/23	Center	Closed	
Tuesday 1/03/23	Buttermilk Biscuit w/ Jelly, Apple Sauce, Milk	Beef Burgers w/ Cheese, On Whole Wheat Bun, Potato Wedges, Apples, Milk	Oranges, Milk
Wednesday 1/04/23	Corn Flakes, Pears, Milk	Spaghetti w/ Turkey Meatballs, Garden Salad, Oranges, Milk	Bananas, Milk
Thursday 1/05/23	Oatmeal w/Raisins, Bananas, Milk	Baked Haddock w/ Creamy Parmesan Sauce, Mixed Vegetables, Pears, Whole Wheat Bread, Milk	Sun butter & Crackers
Friday 1/06/23	Chex Cereal, Oranges, Milk	Cheese Pizza on Cauliflower Crust, Carrots, Fruit Salad, Milk	Apples, Milk

Menu for Week 2			
Day of the Week	Breakfast	Lunch	Snack
Monday 1/09/23	Cheerios, Blueberries, Milk	Turkey Burgers w/ Cheese, Whole Wheat Bun, Oranges, Sweet Potato Wedges, Milk	Cheese & Apples
Tuesday 1/10/23	French Toast w/ Powder Sugar, Fruit Salad, Milk	Baked Ziti, Broccoli, Pears, Milk	Oranges, Milk
Wednesday 1/11/23	Rice Krispy Cereal, Apples, Milk	Sweet & Sour Chicken, Brown Rice, Stir Fry Vegetables, Fruit Salad, Milk	Mango & Yogurt
Thursday 1/12/23	English Muffins w/ Jelly, Pears, Milk	Baked Flounder, Cauliflower, Apples, Whole Wheat Bread, Milk	Pears, Milk
Friday 1/13/23	Corn Flakes, Fresh Mango, Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Fruit Salad, Milk	Banana Muffin, Milk