



JANUARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2) HOLIDAY!	3) Chicken Tetrizzini, Local Squash	4) Pizza and Caesar Salad Local Fruit Crisp	5) *Pot Roast, Potatoes Homemade Rolls	6) Deli Sandwiches & Baked Beans
9) Fish Sticks, Coleslaw	10) Macaroni & Cheese & Peas	11) Pizza and Spinach Salad & Cookie	12) Fajitas & Grilled Vegetables	13) Chicken Pty Sandwich, Carrot Sticks
16) HOLIDAY!	17) Chicken Fettuccine & Broccoli	18) Pizza and Garden Salad Zucchini Cake	19) Salisbury Steak, Mashed Potatoes	20) Hot Dog or Brats & Sauerkraut w/BBQ Beans
23) Clam Chowder & Cheese Toast	24) *Beef & Broccoli on Fried Rice	25) Pizza with Veggies & Dip, Tapioca Pudding	26) Chicken Nuggets, Green Beans, Fruit	27) Soup & Toasted Cheese Sandwiches
30) Corn Dogs Potato Salad	31) Tacos with Rice & Beans	*Whenever Possible Beef will be Local Coffelt Beef* In order to provide tasty and healthy meals we may need to change the menu.		

During the dark days of winter there's nothing better than a beautiful, bright, sweet, juicy orange to help us feel the sunshine of warmer climates. Citrus fruits, such as oranges and grapefruits, ripen during the winter months. Abundant in January, they are often on sale. There are many different kinds of oranges and tangerines. They are all packed with vitamin C and helpful phytochemicals that protect cells. Vitamin C also helps keep skin and gums healthy, may help shorten a cold, and helps the body absorb iron. A single orange supplies a day's requirement of this vitamin.



FRUITS AND VEGETABLES WILL BE OFFERED WITH EVERY MEAL

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwiches	Turnover, Muffin or Breakfast Burrito	Bagels & Cream Cheese	Pancakes or French Toast & Egg	Breakfast Sandwiches

100% FRUIT JUICE WILL BE SERVED DAILY WITH BREAKFAST. CEREAL & YOGURT OR STRING CHEESE WILL BE A DAILY OPTION. 1% WHITE MILK OR FAT FREE CHOCOLATE MILK IS SERVED WITH BREAKFAST & LUNCH

