

# JANUARY 2023

MON	TUES	WED	THU	FRI
<p>2.</p> <p><b>Teacher In Service Day</b></p> <p><b>No School</b></p>	<p>3. Cereal w/ Fresh Fruit and Milk</p> <p>Chili Mac, Roasted Veggies, &amp; Fresh Fruit</p> <p>Oranges w/ Vanilla Wafers</p> <p>V: Veggie Chili Mac</p>	<p>4. Cheesy Hashbrowns w/ Ketchup</p> <p>Chicken Noodle Soup, Garlic Toast, &amp; Fresh Fruit</p> <p>Pretzels w/ Honey Mustard</p> <p>V: Veggie Noodle Soup</p>	<p>5. Breakfast Bread</p> <p>Bean and Cheese Quesadillas, Roasted Broccoli, &amp; Fresh Fruit</p> <p>Veggie Chips w/ Cucumber Coins</p> <p>V: Entree is Vegetarian</p>	<p>6. Boiled Eggs w/ Avocado Toast</p> <p>Cheese Tortellini, Rainbow Salad, &amp; Fresh Fruit</p> <p>Goldfish w/ Apple Slices</p> <p>V: Entree is Vegetarian</p>
<p>9. Biscuits w/Turkey Sausage Gravy</p> <p>Turkey Pesto Melts, Mixed Veggies, &amp; Fresh Fruit</p> <p>Chef's Choice Smoothies w/ Veggie Chips</p> <p>V: Veggie Pesto Melts</p>	<p>10. Scrambled Eggs w/ Bacon</p> <p>Cheese Pizza, Peas and Carrots, &amp; Fresh Fruit</p> <p>Cucumber Coins w/ Crackers and Hummus</p> <p>V: Entree is Vegetarian</p>	<p>11. Yogurt w / Granola and Dried Fruit</p> <p>Chicken Tikka Masala, Roasted Veggies, &amp; Fresh Fruit</p> <p>Fresh Fruit w/ Animal Crackers</p> <p>V: Garbanzo Tikka Masala</p>	<p>12. Blueberry Pancake Muffins</p> <p>Three Bean and Veggie Chili, Cornbread, &amp; Fresh Fruit</p> <p>Chef's Choice Smoothies w/ Veggie Chips</p> <p>V: Entree is Vegetarian</p>	<p>13. Bagels w/ Cream Cheese</p> <p>Pasta w/ Turkey Bolognese, Caesar Salad, &amp; Fresh Fruit</p> <p>Ham and Cheese Rollups</p> <p>V: Pasta w Veggie Bolognese</p>
<p>16.</p>  <p><b>Martin Luther King, Jr. Day</b></p> <p><b>No School</b></p>	<p>17. Waffles w/ Syrup</p> <p>Chicken Alfredo, Side Salad, &amp; Fresh Fruit</p> <p>Turkey and Cheese Slices w/ Crackers</p> <p>V: Veggie Alfredo</p>	<p>18. Migas</p> <p>Winter Beef and Veggie Soup, Garlic Breadsticks, &amp; Fresh Fruit</p> <p>Cinnamon Pita Chips w/ Bananas</p> <p>V: Winter Veggie Soup</p>	<p>19. Carrot Raisin Bread</p> <p>Hot Ham and Cheese Sliders, Sweet Potato Fries, &amp; Fresh Fruit</p> <p>Green Smoothies w/ Pretzels</p> <p>V: Veggie Sliders</p>	<p>20. Veggie Scramble</p> <p>Veggie Dahl, Peas Paluo, &amp; Fresh Fruit</p> <p>Fresh Fruit w/ Graham Crackers</p> <p>V: Entree is Vegetarian</p>
<p>23. English Muffins w/ Strawberry Jam</p> <p>Veggie Lo Mein, Tofu and Veggie Egg Rolls, &amp; Fresh Fruit</p> <p>Tangerines w/ Fortune Cookies</p> <p>V: Entree is Vegetarian</p>	<p>24. Strawberry Smoothies w/ Granola</p> <p>Chicken Tortilla Soup, Tortilla Chips w/ Guacamole, &amp; Fresh Fruit</p> <p>Cucumber Coins w/ Crackers &amp; Ranch Dip</p> <p>V: Veggie Tortilla Soup</p>	<p>25. Breakfast Bread</p> <p>Pork Dumplings, Veggie Fried Rice, &amp; Fresh Fruit</p> <p>Goldfish w/ Apple Slices</p> <p>V: Veggie Dumplings</p>	<p>26. Yogurt w/ Fresh Fruit</p> <p>Ratatouille Pasta, Garden Salad, &amp; Fresh Fruit</p> <p>Hummus w/ Pita Triangles</p> <p>V: Entree is Vegetarian</p>	<p>27. Waffles w/Syrup</p> <p>Frito Pie, Roasted Broccoli, &amp; Fresh Fruit</p> <p>No Bake Cereal Bars</p> <p>V: Veggie Frito Pie</p>
<p>30. Cereal w/ Dried Fruit</p> <p>Miso Tofu, Stir Fried Veggies w/ Jasmine Rice, &amp; Fresh Fruit</p> <p>Soft Pretzel Bites w/ Cheese Dip</p> <p>V: Entree is Vegetarian</p>	<p>31. Sunbutter and Banana Toast</p> <p>Green Chile Chicken Enchiladas, Buttered Corn, &amp; Fresh Fruit</p> <p>Acai Smoothies w/ Chex Mix</p> <p>V: Veggie Green Chile Enchiladas</p>			