

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>			1 Closed New Years Day	2 Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato Green beans Orange Milk	3 Veg quiche Mashed sweet potatoes Green beans Peaches Garlic sticks Milk
<u>WEEK TWO</u>	6 Chicken fettuccini alfredo Carrots Spinach Garlic sticks Applesauce Milk	7 Jambalaya Greens Peas and carrots Cornbread Pineapple Milk	8 Tuna salad sandwich Snap pea salad Tomato cucumber salad Banana (2) WW bread Milk	9 Beef and eggplant tagine Spinach Rice Peaches Milk	10 Chicken burger Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk
<u>WEEK THREE</u>	13 Scrambled eggs w cheese French toast Potatoes with peppers/onions Roasted brocc/cauli Orange Milk	14 Chicken parmesan Penne marinara Spinach Garlic stick Tropical fruit Milk	15 Chef salad Potato salad Pear Garlic sticks Milk	16 Shepard's pie Green beans Corn Garlic sticks Lemon raspberry cup Milk	17 Fish w teriyaki sauce Fried rice Kale Applesauce Naan bread Milk

<p><u>WEEK</u> <u>FOUR</u></p>	<p>20 Closed Martin Luther King Jr Day</p>	<p>21 Stuffed peppers Mashed potatoes Mixed veggies Fruit cocktail Garlic sticks Milk</p>	<p>22 Taco (beef) w cheese and salsa Brown rice/beans Mixed veggies WW tortilla Orange Milk</p>	<p>23 Chicken red curry w veggies Bok choy Rice Naan Pineapple Milk</p>	<p>24 Pot roast w gravy Root veggie mash Sauteed kale Applesauce WW roll Milk</p>
<p><u>WEEK</u> <u>FIVE</u></p>	<p>27 Ham Black eyed peas Cabbage Cornbread Applesauce Milk</p>	<p>28 Salisbury steak Mashed potatoes Mixed veggies WW rolls Strawberry kiwi cup Milk</p>	<p>29 Turkey sandwich on WW bread (2) Slaw salad Couscous salad Strawberry kiwi cup Milk</p>	<p>30 Tortellini w turkey sausage and red pepper sauce Spinach Diced carrots WW roll Orange Milk</p>	<p>31 Roasted turkey w gravy Mashed potatoes Green beans Birthday dessert Garlic sticks Milk</p>