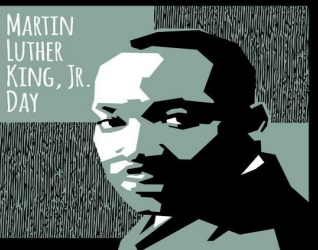


# JANUARY

		2 Philly Cheesesteak-2 oz. WG Hot Dog Bun—1 each Corn on the Cob—4 oz. (FZ) Banana—1 each (FR) Skim Milk—8 fl. oz.	3 Chicken Parm Sandwich—3 oz. WG Bun—1 each Steamed Veggies—1/2 c (FZ) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.	4 Chicken Noodles—4 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Peaches—1/2 cup (FZ) Skim Milk—8 fl. oz.
7 Pulled BBQ Chicken—2 oz Whole Wheat Bun—1 each Roasted Potatoes—1/2 c. (FR) Apple—1 each (FR) Skim Milk—8 fl. oz.	8 Chicken Soft Tacos—2 oz. WG Tortilla—1 serving Lettuce/Tomato Salad—1 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.	9 Grilled Chicken Salad — (chicken-2 oz salad-1 cup (FR) WG Roll—1 Each Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.	10 BBQ Meatballs—3 oz. WG Breadstick—1 each Corn on the Cob—4 oz. (FZ) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.	11 Chicken Alfredo—4 oz. (WG) Garlic Bread—1 each Garden Salad—1 cup (FR) Banana—1 ea. (FR) Skim Milk—8 fl. oz.
14 Meatball Sub—3 oz. WG Hot Dog Bun—1 each Baby Carrots w/Ranch— 1/2 cup (FR) Peaches—1/2 cup (CN) Skim Milk—8 fl. oz.	15 BBQ Chicken—3 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Baked Apples—1/2 cup (CN) Skim Milk—8 fl. oz.	16 Chicken Queso—4 oz. WG Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.	17 Beef Soft Tacos—3 oz. WG Tortillas—2 each Lettuce/Tomatoes—1 c. (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.	18 BBQ Beef—3 oz. WG Bun—1 each Baked Beans—1/2 cup (CN) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.
 MARTIN LUTHER KING, JR. DAY	22 Beef Tacos—3 oz. WG Taco Shell—2 each Lettuce/Tomatoes—1 c. (FR) Apple-1 each (FR) Skim Milk—8 fl. oz	23 Fried Chicken- 3 oz. WG Mac N Cheese—3 oz. Corn—1/2 c. (FZ) Applesauce-1/2 cup (CN) Skim Milk—8 fl. oz.	24 Cheeseburger Casserole- 4 oz. WG Garlic Bread—1 slice Green Beans—1/2 c (FZ) Pineapple-4 oz.(FR) Skim Milk—8 fl. oz	25 Turkey Hotdog—2 oz. WG Hot Dog Bun—1 each Garden Salad—1 cup (FR) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.
28 Beef Lasagna-4 oz. WG Breadstick—1 each Garden Salad—1 cup (FR) Fruit Cocktail—1/2 cup (CN) Skim Milk—8 fl. oz.	29 Baked Chicken—3oz. WG Honey Roll—1 each Glazed Carrots—1/2 c.(FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.	30 Chicken Fajitas—4 oz. WG Tortilla—1 each Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.	31 Cheeseburger—2 oz. WG Bun—1 each Roasted Potatoes—1/2 cup Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.	