



# January Menu

Every lunch also includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p><i>Enjoy Your Day Off!</i></p>	<p>8</p> <p>Tacos with Lettuce &amp; Tomato or Taco Salad Homemade Salsa Spanish Rice Charro Beans Pineapple Tidbits</p>	<p>9</p> <p>Mini Corn Dogs with Mac &amp; Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup or BYSL</p>	<p>10</p> <p>Spaghetti with Meat Sauce and Garlic Toast or Pizza Tossed Salad Seasoned Green Beans Banana Sundae</p>	<p>11</p> <p>Cheese Burger Basket or Hot Dog Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>
<p>14</p> <p>Homemade Salisbury Steak or Chicken Strips Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup</p>	<p>15</p> <p>Tacos or Crisпитos Lettuce &amp; Tomato Homemade Salsa Spanish Rice Refried Beans Pineapple Tidbits</p>	<p>16</p> <p>Chicken &amp; Waffles Fresh Carrots Steamed Vegetables Fruit Cup or BYSL</p>	<p>17</p> <p>Spaganzza with Garlic Toast or Pizza Tossed Salad Seasoned Sweet Corn Frosty Fruit</p>	<p>18</p> <p>Chicken Sandwich Basket or BBQ on Bun Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>
<p>21</p> <p><i>Enjoy Your Day Off!</i></p>	<p>22</p> <p>Tacos or Chili Cheese Nachos Lettuce &amp; Tomato Homemade Salsa Charro Beans Spanish Rice Rainbow Pears</p>	<p>23</p> <p>Soup, Sandwich and Salad <i>Choice of Soup and Sandwich with Garden Salad</i> Vegetable Dippers Baked Chips Orange Smiles</p>	<p>24</p> <p>Chicken Parmesan with Garlic Stick or Pizza Steamed Broccoli Garden Fresh Salad Berries &amp; Cream</p>	<p>25</p> <p>Sweet &amp; Sassy Chicken Sandwich Basket or Chicken Strip Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>
<p>28</p> <p>Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Sautéed Vegetable Fruit Cup</p>	<p>29</p> <p>Tacos or Quesadillas Lettuce &amp; Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup</p>	<p>30</p> <p>Monterrey Chicken Hot Roll Glazed Carrots Steamed Vegetables Fruit Cup or BYSL</p>	<p>31</p> <p>Italian Dippers or Pizza Seasoned Sweet Corn Italian Salad Colorful Apple Sauce</p>	<p>February 1</p> <p>Cheese Burger Basket or Hot Dog Basket w/ Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>

Did you know that snow forms when water vapor in the atmosphere freezes into ice crystals? Snowflakes form in a variety of different shapes.



Stock up on Healthy Fruits and Vegetables during these Cold Winter months!

Fun Fruit Facts  
Oranges are easy to find this time of year and are packed full of Vitamin C.  
There are 7,500 different kinds of Apples grown in the world.  
Try One!



An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Taco Tuesday! Choice of Taco	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Pancake Wrap	Waffles or Muffin & Yogurt



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means of communication (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information is available in languages other than English. To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410, fax: (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.