




JANUARY

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Monday	Tuesday	Wednesday	Thursday	Friday
				
6 BREAKFAST Pancakes LUNCH Chicken Fillet On Bun Turkey Noodle Soup Ranchero Beans Assorted Fruit	7 BREAKFAST Egg w/ Biscuit LUNCH BBQ Pork Tater Tots Hush Puppies Assorted Fruit	8 BREAKFAST Dutch Waffles LUNCH Chicken Nuggets Onion Rings Pasta Fagioli Celery Sticks Assorted Fruit	9 BREAKFAST Piggie Stick LUNCH Teriyaki Beef Ramen Broccoli Chicken Potsticker Assorted Fruit	10 BREAKFAST Cinnamon Roll LUNCH Cheese Pizza Honey Glazed Carrots Assorted Fruit
13 BREAKFAST Mini Cinnis LUNCH Hot Ham & Cheese Roasted Cauliflower Assorted Fruit	14 BREAKFAST Eggs w/ Bacon Hash Browns LUNCH Mozzarella Sticks Marinara Dip Chicken Tortilla Soup Assorted Fruit	15 BREAKFAST Bagel LUNCH Cheeseburger French Fries Assorted Fruit	16 BREAKFAST Surfin Smoothie LUNCH Meatballs in Sauce Spaghetti Caesar Salad Assorted Fruit	17 BREAKFAST Sweet Roll LUNCH Cheese Quesadilla Chicken Quesadilla Salsa Refried Beans Assorted Fruit
20 	21 BREAKFAST Hard Cooked Egg w/ Toast LUNCH Fish Sticks Rice Bowl Edamame Assorted Fruit	22 BREAKFAST Banana's Foster Envy Belgian Waffle LUNCH Chicken Parm on Bun Green Beans Assorted Fruit	23 BREAKFAST Overnight Oats LUNCH "Walking Tacos" Golden Corn Assorted Fruit	24 BREAKFAST Honi Bun LUNCH Pizza Dippers Marinara Dip Assorted Fruit
27 BREAKFAST Sausage Biscuit LUNCH Choc. Chip Muffin Top Chicken & Waffles Sweet Potato Fries Assorted Fruit	28 BREAKFAST Breakfast Pizza Bagel LUNCH "Breakfast at Noon" Hash Browns Assorted Fruit	29 BREAKFAST Apple Cinnamon Parfait LUNCH Toasted Cheese Tomato Soup Mixed Veggies Cheez It Crackers Assorted Fruit	30 BREAKFAST Oatmeal LUNCH Beefaroni Garlic Toast Caesar Salad Assorted Fruit	31 BREAKFAST Chocolate Chip Muffin Flat LUNCH Cheese Pizza Baked Beans Assorted Fruit

Cape
Available Daily

Assorted Cereal

Assorted fruit

Assorted yogurt

Graham crackers/ goldfish grahams

Toast or Dinner Roll

Breakfast bars (Nutrigrain)

Assorted Sandwiches - cheese, PBJ

Tuna, egg, chicken salad

Garden Salads

Milk and Juice

