

DATE	MENU		DATE	MENU
January 5	Homemade Pizza Bagels		January 24	Meatball Bake
	Broccoli			Broccoli
	Grapes			Grapes
January 6	Blueberry Lemon Muffins		January 25	Sausage Bites
	Sausage			Rice
	Bananas			Glazed carrots
January 7	Chicken Stir Fry		January 26	Sloppy Joes
	Rice			Sweet Potatoe Wedges
	Pinapple			Melon
January 10	Spaghetti with Marinara		January 27	Ham Steaks
	Green beans			Corn
	Cauliflower			Potatoes Wedges
January 11	Mini Burgers		January 28	French Toast
	Homemade Fries			Sausage
	Apples			Blackberries & Strawberries
January 12	Ranch Turkey Spinach Wrap		January 31	Chicken Fajitas Roll Ups
	Carrots and Celery			Sweet Peppers
	Melon			Pinapple
January 13	Chicken Quesadilla			
	Avocados			
	Corn			
January 14	Vanilla Protein Pancakes			
	Canadian Bacon			
	Blueberries & Raspberries			
January 17	Dr. Martin Luther King Day			
January 18	Steak, Egg and Cheese Burritos			
	Bacon			
	Oranges			
January 19	Beef Stroganoff			
	Mushrooms			
	Bake Zucchini			
January 20	Cheeseburger Casserole			
	Tater Tots			
	Brussel Sprouts			
January 21	Protein Cinnamon Waffles			
	Bacon			
	Bananas			