

JANUARY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Clam Chowder Roastbeef sand. Lettuce, tomatoes, bananas Whole Wheat Brd Milk	3 Pork Loin Carrots, peppers Fresh fruit Grain rice Whole Wheat roll Milk	4 <i>Gray Matter</i> Meatloaf Green salad Peaches Oats Whole Wheat Roll Milk	5 Breaded Chicken Sandwich Peas, Carrots Fruit Whole Wheat Brd Milk	6 Lasagna Fruit Lettuce & Tomatoes Whole Wheat Brd Milk
9 Grilled turkey sandwich Minestrone Soup Fresh Fruit Whole Wheat Brd Milk	10 Beef Chili Squash Grapes Whole Wheat Brd Milk	11 <i>Bob McKee</i> Sweet n' Sour Chicken Peppers, Onions Mandarin Oranges Egg Rolls Whole grain rice Milk	12 Beef Stroganoff Whole Wheat Noodles Beets Banana Milk	13 Ham Green Beans Fresh Fruit Cornbread Milk
16 Beef Barley Soup Lettuce, tomato Whole Wheat Brd Orange Milk	17 Chicken Cacciatore Whole Wheat Linguini, zucchini grapes Milk	18 AARP Chicken Fried Stk Green Beans Peppers mix Mixed Fruit Whole Wheat Brd Milk	19 Baked Spaghetti W/Marinara Sauce Whole Wheat Roll Pears Milk	20 Pork Chops Mixed Veggies Whole Wt Roll Apricots Milk
23 Tuna Salad on Croissant Green Salad Fruit & Cottage Cheese Milk	24 Tilapia or Ham Asparagus Mixed Fruit Balsmati wild Rice Milk	25 P.J. PARTY SOMETHING DELIGHTFUL FOR BREAKFAST MILK	26 Hamburgers Lettuce, Tomato Whole Wheat Bun Applesauce Milk	27 Stuffed Chicken Pastry Green Salad Whole Wheat Roll Raisin Mix Milk

30 Toasted Swiss Cheese Sandwich Ham & Beans Carrots, Onions Celery Whole Wheat Brd Apples Milk	31 Hawaiian Pizza Green Salad Whole Wt Roll Fruit Milk			
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