

JANUARY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE	^ CEREAL * JUICE MILK & WATER FISH STICKS ^ BREAD CORN * MASHED POTATOES MILK & WATER CHEESE & CRACKERS WATER	^ BISCUITS w/ GRAVY * HASH BROWNS MILK & WATER ^ SPAGHETTI w/ MEAT SAUCE GREEN BEANS * MANDARIN ORANGES MILK & WATER GRAHAM CRACKERS JUICE & WATER	^ OATMEAL APPLESAUCE MILK & WATER GRILLED CHEESE SANDWICH ^ ON BREAD * FRENCH FRIES w/ KETCHUP @ MIX VEGETABLES MILK & WATER MUFFINS JUICE & WATER	^ TOAST w/ SCRAMBLED EGGS * HASH BROWNS MILK & WATER ^ BEEF & BEAN BURRITOS RANCH STYLE BEANS ^ SPANISH RICE @ DICED CARROTS MILK & WATER CHEESE QUESADILLA WATER	^ PANCAKES w/ SYRUP DICED PEACHES MILK & WATER SALISBURY STEAK @ SPINACH * MASHED POTATOES ^ BREAD MILK & WATER GOLDFISH CRACKERS JUICE & WATER
FRUITS AND VEGETABLES 1/4 CUP VITAMIN C-RICH FRUIT OR VEGETABLE EACH DAY. * VITAMIN C ^ BREAD @ VITAMIN A	^ CEREAL * JUICE MILK & WATER STEAK FINGERS w/ GRAVY * MASHED POTATOES ^ BREAD CORN MILK & WATER CHEESE & CRACKERS WATER	^ BISCUITS w/ GRAVY * HASH BROWNS MILK & WATER ^ MAC & CHEESE w/ HAM GREEN BEANS * MANDARIN ORANGES MILK & WATER GRAHAM CRACKERS JUICE & WATER	^ OATMEAL APPLESAUCE MILK & WATER CHICKEN PATTY SANDWICH ^ ON BREAD * FRENCH FRIES w/ KETCHUP @ MIX VEGETABLES MILK & WATER MUFFINS JUICE & WATER	^ TOAST w/ SCRAMBLED EGGS * HASH BROWNS MILK & WATER ^ SOFT BEEF TACOS RANCH STYLE BEANS ^ SPANISH RICE @ DICED CARROTS MILK & WATER CHEESE QUESADILLA WATER	^ PANCAKES w/ SYRUP DICED PEACHES MILK & WATER ^ PEPPERONI PIZZA @ SPINACH * FRENCH FRIES w/ KETCHUP MILK & WATER GOLDFISH CRACKERS JUICE & WATER
This Institution Is An Equal Opportunity Provider	^ CEREAL * JUICE MILK & WATER CHICKEN NUGGETS w/ GRAVY * MASHED POTATOES ^ BREAD CORN MILK & WATER CHEESE & CRACKERS WATER	^ BISCUITS w/ GRAVY * HASH BROWNS MILK & WATER CORN CHIP PIE GREEN BEANS * MANDARIN ORANGES ^ BREAD MILK & WATER GRAHAM CRACKERS JUICE & WATER	^ OATMEAL APPLESAUCE MILK & WATER HAM AND CHEESE ^ ON BREAD * FRENCH FRIES w/ KETCHUP @ MIXED VEGETABLES MILK & WATER MUFFINS JUICE & WATER	^ TOAST w/ SCRAMBLED EGGS * HASH BROWNS MILK & WATER ^ MEXICAN MAC w/ GROUND BEEF RANCH STYLE BEANS ^ SPANISH RICE @ DICED CARROTS MILK & WATER CHEESE QUESADILLA WATER	^ PANCAKES w/ SYRUP DICED PEACHES MILK & WATER CHEESE BURGER ^ ON BREAD @ SPINACH * FRENCH FRIES w/ KETCHUP MILK & WATER GOLDFISH CRACKERS JUICE & WATER
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