

# January Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Scrambled Eggs Grits Bacon Peaches English Muffins or Bagels	6 Breakfast Casserole Tater Tots Pineapple English Muffins or Bagels	7 Dutch Waffles Cheesy Grits Hard-Boiled Eggs Cinnamon Apples English Muffins or Bagels	8 Bacon, Egg and Cheese Biscuit Hash Brown Patty Yogurt Parfaits Grapes English Muffins or Bagels	9 Sausage Gravy Biscuit Sausage Patty Grits Pears English Muffins or Bagels
12 Scrambled Eggs Grits Sausage Links Peaches Pop Tarts	13 Buttermilk Pancakes Bacon Hash Brown Patty Pineapple Pop Tarts	14 Breakfast Pizza Grits Hard-Boiled Eggs Cinnamon Apples Pop Tarts	15 Cheese Omelet Bacon Cinnamon Roll American Fries Grapes Pop Tarts	16 Chicken and Waffle Sticks Grits Pears Pop Tarts
19  <b>MLK DAY</b>	20 Sausage, Egg and Cheese Croissant Cheesy Grits Pineapple Assorted Muffins	21 Canadian Bacon, Egg and Cheese Biscuit Hash Brown Patty Cinnamon Apples Assorted Muffins	22 French Toast Sticks Bacon Tater Tots Yogurt Parfaits Grapes Assorted Muffins	23 Sausage Gravy Biscuit Sausage Patty Grits Pears Assorted Muffins
26  <b>E-LEARNING DAY</b>	27  <b>E-LEARNING DAY</b>	28 Scrambled Eggs Grits Bacon Peaches Danish	29 Cheese Omelet Cinnamon Roll Sausage Link American Fries Grapes Danish	30 Chicken and Waffle Sticks Grits Pears Danish

Milk, Juice, Whole Fruit, Assorted Cereal, Assorted Yogurt and Graham Crackers are available at all breakfast meals.

January Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
5 Bacon Cheeseburgers Bologna and Cheese Sandwich Crinkle Cut Fries Green Beans Turkey Bacon Sliders Mixed Fruit	6 <b>TACO TUESDAY!!</b> <i>Tacos or Bowls</i> Your choice of Beef or Chicken, Spanish Rice, Refried Beans, lettuce, tomato, sour cream and cheese. Grilled Chicken Wrap Mandarin Oranges	7 Southern Style Chicken Sandwich Mini Corn Dogs Tater Tots Corn on the cob Ham and Swiss on Mable Rye Bread Peaches	8 Gumbo with Cornbread Chicken Dippers White Rice Winter Squash Medley Pimento Cheese on White Bread Pineapple	9 Chicken Parmesan Penne Pasta with Marinara Fish Sticks Mixed Vegetables American Sub Tropical Fruit Mix
12 Baked Ziti with Garlic Bread Popcorn Chicken Crinkle Cut Carrots Turkey and Cheddar on Wheatberry Bread Mixed Fruit	13 General Tso’s Chicken Fried Rice Egg Roll Peas and Carrots Cheese Quesadillas Salami and Provolone on Sourdough Bread Mandarin Oranges	14 Beef Pot Roast Chicken Drumsticks Rice and Gravy Boiled Cabbage Buffalo Chicken Wrap Peaches	15 Fried Chicken Mashed Potatoes Green Beans Yeast Roll BLT on Sourdough Bread Pineapple	16 Pulled Pork Fish Nuggets Potato Wedges Cauliflower Spicy Italian Wrap Tropical Fruit Mix
19  <b>MLK DAY</b>	20 <b>SOUPER DAY!!</b> Chicken Noodle Soup Tomato Soup Oyster Crackers Grilled Cheese Sandwich Spinach Dinner Roll Grilled Chicken Wrap Mandarin Oranges	21 Baked Pork Chops Chicken Wings with Sauces Scalloped Potatoes Green Beans Ham and Swiss on Mable Rye Bread Peaches	22 <b>PIZZA DAY !!</b> Three Meat, Pepperoni or Cheese Pizza Cheesy Breadstick with Marinara Mixed Vegetables Pimento Cheese on White Bread Pineapple	23 Swedish Meatballs Buttered Egg Noodles Fish Sandwich Green Peas BLT on Sourdough Bread American Sub Tropical Fruit Mix
26  <b>E-LEARNING DAY</b>	27  <b>E-LEARNING DAY</b>	28 Salisbury Steak Greek Chicken White Rice and Gravy Asparagus Salami and Provolone on Sourdough Bread Mandarin Oranges	29 Stuffed Shells Sloppy Joes Crinkle Cut Fries Whole Baby Carrots Buffalo Chicken Wrap Peaches	30 Meatloaf Popcorn Chicken Mashed Potatoes and Gravy Turnip Greens BLT on Sourdough Bread Pineapple

Milk, Juice, Whole Fruit, Assorted Cereal, Assorted Yogurt and Graham Crackers are available at all lunch meals.

# January Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Sunday
				4 Chicken Pot Pie Rice with Gravy Pears Fresh Baked Cookie
5 Chicken Alfredo over Fettuccini Cauliflower Garlic Breadstick Tossed Salad Ice Cream	6 BBQ Pork Chops Scalloped Potatoes Crinkle Cut Carrots Tossed Salad Fruit Cobbler	7 Hot Ham and Cheese Potato Wedges Mixed Vegetables Tossed Salad Cupcakes	8 Spaghetti and Meat sauce Garlic Breadstick Broccoli Tossed Salad Frosted Brownie	11 Pizza Garlic Breadstick Buttered Corn Mixed Fruit Fresh Baked Cookie
12 Corn Dogs Tater Tots Baked Beans Tossed Salad Ice Cream	13 Nacho Bar Tortilla Chips Ground Beef, Queso, Lettuce, Tomato, Sour Cream and Salsa Tossed Salad      Fruit Cobbler	14 Sweet and Sour Chicken White Rice Asian Vegetables Egg Roll Tossed Salad Cupcakes	15 Lasagna Garlic Bread Squash Medley Tossed Salad Frosted Brownie	18  <b>MLK DAY Tomorrow</b>
19 Beef Stroganoff Egg Noodles Green Beans Fresh Baked Cookie	20 Beef Stew Rice & Gravy Biscuit Peas and Carrots Tossed Salad Fruit Cobbler	21 BBQ Chicken Legs Macaroni and Cheese Mixed Vegetables Tossed Salad Cupcakes	22 Chicken Pot Stickers Steamed White Rice Stir Fry Vegetables Tossed Salad Frosted Brownie	25 Baked Spaghetti Broccoli Florets Garlic Bread Fresh Baked Cookie
26  <b>E-LEARNING DAY</b>	27  <b>E-LEARNING DAY</b>	28 Hamburgers Tater Tots Baked Beans Tossed Salad	29 Hot Dogs with Chili Crinkle Cut Fries Corn on the cob Tossed Salad Frosted Brownie	