

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
WEEK OF 7 <sup>th</sup> - 11 <sup>th</sup> Cycle 1	Chicken & Sausage Jambalaya Steamed Broccoli Yams WG Dinner Roll	Oven Roasted Chicken Wings Green Beans Mashed Potatoes w/Gravy Bread Choice	SUB SANDWICHES (Buttered) Carrots Romaine & Tomatoes Doritos	Chicken Tenders Mixed Veggies Fries Biscuit	Tacos Black Beans Corn Spanish Rice
WEEK OF 14 <sup>th</sup> - 18 <sup>th</sup> Cycle 2	Breaded Steak Patty Lima Beans Mashed Potatoes w/Gravy Biscuit	Buffalo Chicken Wings Potato Wedges Broccoli Roll	Beefy Macaroni Green Beans Yams (Patty) Garden Salad Roll	Pulled Pork Bun Fries Carrots Romaine & Tomatoes	Pizza Corn Garden Salad WG Cookie
WEEK OF 21 <sup>st</sup> -25 <sup>th</sup> Cycle 3  *JANUARY 21 <sup>ST</sup> MLK HOLIDAY*	Martin Luther King Holiday	Cheeseburgers/Bun Baked Beans Potato Salad WG Pretzel	Spaghetti Garden Salad Green Beans Roll	Chicken Fingers w/Waffles Potatoes* Garden Salad	Hot Dog Fries Coleslaw Sun Chips
WEEK OF 28 <sup>th</sup> -31 <sup>st</sup> Cycle 4	Spicy Beef Wrap Broccoli* Sweet Potato Fries	Chili Whole Roasted Potatoes Corn Crackers	Turkey/gravy Mashed Potatoes Peas & Carrots Roll	Baked Chicken Rice Pilaf Green Beans Breaded Onion Ring 1 oz. Biscuit	Taco (Salad*) Black Beans Corn Spanish Rice Tortilla Chips*

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\*\*MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE\*\*

## JANUARY

ALL MEALS SERVED WITH CHOICE OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT SERVED DAILY

100% FORTIFIED FRUIT JUICE SERVED DAILY

Fun Fact:

January was named after the Roman god Janus. Janus is also the Roman word for door. The god Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year.

On average, it is the coldest month of the year in the Northern Hemisphere.

It is the second month of winter.

In the Southern Hemisphere January is a summer month the equivalent of July.