

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 1—NEW YEARS JANUARY 2—TWD JANUARY 3—PD JANUARY 4—PD		Buffalo Chicken #16306 or Spicy Beef Wrap #16307 Steamed Broccoli Sweet Potato Fries	Chili Roasted or Baked Potato Corn Cornbread or Crackers	Oven Roasted Chicken Rice Pilaf Green Beans Breaded Onion Ring # 13225 1 oz. Biscuit	Crispito Black Beans Corn Garden Salad Animal Cracker or Graham Cracker
WEEK OF 7 th -11 th Cycle 5	Oven Roasted Chicken Wings #10599 Yams (Patty) Fries Roll	Chicken Patty (Grilled or Breaded) Green Beans Mashed Potatoes Bread Choice	2 Beef Slider # 10007 2 Slider Bun # 14029 Buttered Carrots Tots Garden Salad	Chicken Fingers Mixed Veggies Fries Biscuit Ketchup	Turkey or Ham Sub Romaine & Tomatoes Carrots Chips
WEEK OF 14 th - 18 th Cycle 1	Fish Patty on Bun w/Cheese Option Tartar Sauce Mixed Veggies Fries Ketchup	Gumbo Rice Green Beans Garden Salad 2 packs Crackers	Hamburger w/Cheese Carrots Tots Ketchup	Teriyaki Glazed Chicken Stir Fry Veggies Fried Rice Egg Roll	Corndog ColeSlaw Baked Beans Rice Krispy Treat
WEEK OF 21 st - 25 th Cycle 2 JANUARY 21—MLK DAY	Beef A Roni (Italian) Green Beans Yams Garden Salad Roll	BBQ Chicken Fajita on Bun Fries Carrots Romaine & Tomatoes	Breaded Beef Patty Lima Beans Mashed Potatoes w/Gravy Biscuit	Hot Wings #10606 Fries or Potato Wedges Broccoli Roll	Pizza or Pizza Pocket Corn Garden Salad WG Cookie
WEEK OF 28 th - 31 st Cycle 3	Chicken Bites Green Peas Sweet Potato Fries Roll	Beef Rib Patty* or Pulled Pork on Bun Baked Beans Potato Salad Fruit Pouch #12205 or #12207	Lasagna Roll or Spaghetti Garden Salad Green Beans Roll	Chicken Fingers w/Waffles Potatoes* Green Salad	

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 TWICE PER WEEK.

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.