


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 1-NEW YEARS JANUARY 2-TWD JANUARY 3-PD JANUARY 4-PD		Gumbo Brown Rice Green Beans Salad	Sloppy Joe or Cheeseburger Tots Carrots Pickle Spear	Teriyaki Chicken Fried Rice Mixed Veggies Broccoli Roll	Corndog Cole Slaw Baked Beans Rice Krispy Treat
WEEK OF 7 th - 11 th Cycle 1	Chicken & Sausage Jambalaya Steamed Broccoli Yams WG Dinner Roll #14018	Oven Roasted Chicken Wings # 10599 Green Beans Mashed Potatoes w/Gravy Bread Choice	Taco (Salad*) Black Beans Corn Spanish Rice Tortilla Chips*	Chicken Tenders Mixed Veggies Fries Biscuit	Baked Potato & Salad Bar or Turkey or Ham Sub (Buttered) Carrots Romaine & Tomatoes Doritos
WEEK OF 14 th - 18 th Cycle 2	Beefy Macaroni (Italian) Green Beans Yams (Patty) Garden Salad Roll	BBQ Fajita On Bun or Wrap Fries Carrots Romaine & Tomatoes	Breaded Steak Patty Lima Beans Mashed Potatoes w/Gravy Biscuit	Buffalo Chicken Wings Potato Wedges Broccoli Roll	Pizza or Pizza Pocket Corn Garden Salad WG Cookie
WEEK OF 21 st -25 th Cycle 3 *JANUARY 21 ST MLK HOLIDAY*	Chicken Bites Green Peas Sweet Potato Fries Roll	Beef Rib Patty* or Pulled Pork on Bun Baked Beans Potato Salad WG Pretzel #18203 *Supplemental*	Lasagna Roll or Spaghetti Garden Salad Green Beans Roll	Chicken Fingers w/Waffles Potatoes* Garden Salad	Hot Dog or Turkey Sub Fries Coleslaw Sun Chips
WEEK OF 28 th -31 st Cycle 4	Buffalo Chicken #16306 or Spicy Beef Wrap #16307 Honey Mustard Sauce Broccoli* Sweet Potato Fries	Salisbury Steak Mashed Potatoes Gravy Peas & Carrots Roll	Chili Whole Roasted or Baked Potato Corn Cornbread or Roll	Baked Chicken Rice Pilaf Green Beans Breaded Onion Ring # 13225 1 oz. Biscuit	

In accordance with Federal Civil Rights laws and U.S. Department of Agriculture (USDA) Civil Right regulations and policies, the USDA, its agencies, and offices and employees and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

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.