

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 1—NEW YEARS JANUARY 2—TWD JANUARY 3—PD JANUARY 4—PD		Pork Patty on Bun Baked Beans Potato Salad Pudding Cup	Spaghetti or Lasagna Roll Green Beans Romaine & Tomatoes Breadstick	Chicken Fingers w/Waffles Potato Wedges Carrots Garden Salad	Hot Dog w/Chili Cheese Sauce Cole Slaw Fries Sun Chips
WEEK OF 7 <sup>th</sup> - 11 <sup>th</sup> Cycle 4	Fish Patty on Bun w/Cheese & Tartar Sauce Mixed Veggies Fries Ketchup	Chicken Gumbo Brown Rice Green Beans Garden Salad Crackers	Sloppy Joe or Cheese Burger Bun Buttered Carrots Tater Tots Romaine & Tomatoes	Teriyaki Glazed Chicken Fried Rice Stir Fry (Mixed) Veggies (Egg) Roll	Corn Dog Cole Slaw Baked Beans Rice Krispy Treat
WEEK OF 14 <sup>th</sup> - 18 <sup>th</sup> Cycle 5	Chicken Patty on Bun Sweet Potato Fries Romaine & Tomatoes	Salisbury Beef Patty Mashed Potatoes Peas & Carrots Roll	Chili Whole Roasted Potatoes Corn Corn Bread 1 oz.	Oven Roasted Chicken Rice Pilaf Green Beans Squash Mini Biscuit	Crispito Black Beans Corn on Cob Garden Salad Brownie
WEEK OF 21 <sup>st</sup> - 25 <sup>th</sup> Cycle 1  JANUARY 21-MLK HOLIDAY	Chicken & Sausage Jambalaya Steamed Broccoli Yams Roll	Oven Baked Pork Chops Green Beans Mashed Potatoes w/Gravy Biscuit	Taco (Salad*) Black Beans Corn Spanish Rice Tortilla Chips*	Chicken Fingers Mixed Veggies Fries Biscuit	Turkey or Ham Sub Buttered Carrots Romaine & Tomatoes Doritos
WEEK OF 28 <sup>th</sup> - 31 <sup>st</sup> Cycle 2	Beef A Roni (Italian) Green Beans Yams (Patty) Garden Salad Roll	BBQ Fajita on Bun or Wrap Fries Carrots Romaine & Tomatoes	Breaded Steak Nuggets Lima Beans Mashed Potatoes w/Gravy Bread Choice	Hot Wings* Fries or Potato Wedges Broccoli Roll *Chicken Patty*	

\*\*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.