



## January 2018 Meal Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM			Whole Wheat Pancakes w/syrup PM: Fresh Orange Wedges	Breakfast Quesadillas Refried Beans & Sliced Ham PM: Vanilla Pudding	Creamy Oatmeal w/raisins Turkey Sausage Patties PM: Sliced Cantaloupe
PM	NEW YEAR'S DAY- SCHOOL HOLIDAY 1	SCHOOL HOLIDAY 2	Mild Chicken Wings Beef Chili Whole Bliss Baked Potatoes Buttery Cauliflower Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day 3	Sliced Roast Beef Turkey Casserole Whole Wheat Dinner Rolls Penne Pasta w/butter Sautéed Spinach Seasonal Fresh Fruit Salad Bar/Soup of the Day 4	Roasted Chicken Legs Lemon Butter Baked Fish Skin-on mashed potatoes Sautéed Spinach Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day 5
AM	Cheese & Spinach Turkey Bacon PM: Flavored Jell-O	Whole Wheat Pancakes w/maple syrup PM: Fresh Orange Wedges	Ham and Egg Sandwich Turkey Sausage PM: Fruit Cup	Potato & Egg Tacos Sausage Links PM: Peeled Apples	Biscuits & Gravy Crispy Bacon PM: Fresh Grapes
PM	Turkey Dogs, Rolls & Fix'ns Slow Roasted Pork Loin Buttery Corn Kernels Steamed Broccoli Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day 8	Grilled Chicken Quesadilla Carne Guisada Steamed Cauliflower Cilantro Rice Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day 9	Ravioli w/Tomato Sauce Chicken Pizzaiola Sautéed Zucchini Peas and Carrots Seasonal Fresh Fruit Salad Bar/Soup of the Day 10	Beef Fajitas Chicken Fajitas Whole Wheat Tortillas Mexican Rice, Refried Beans Seasonal Fresh Fruit Salad Bar/Soup of the Day 11	Early Dismissal- Boxed Lunches 12
AM		Breakfast Quesadillas Refried Beans & Sliced Ham PM: Vanilla Pudding	Creamy Oatmeal w/Raisins Turkey Sausage Patties PM: Sliced Cantaloupe	Bean & Cheese Tacos Non-spicy salsa & Bacon PM: Flavored Jell-O	Potato & Eggs Low-sodium Sliced Ham PM: Chocolate Pudding
PM	MLK, JR. DAY- SCHOOL HOLIDAY 15	Italian Meatballs Grilled Chicken Alfredo Whole Wheat Spaghetti Braised Chard and Bacon Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day 16	Healthy Mac & Cheese Turkey and Carrot Stew Green Beans Steamed Acorn Squash Wedges Rolls or Sliced Bread Seasonal Fresh Fruit Salad Bar/Soup of the Day 17	Sliced Virginia Ham Seared Chicken Fingers Mashed Potatoes Sautéed Spinach w/bacon Seasonal Fresh Fruit Salad Bar/Soup of the Day 18	Sliced Turkey & Gravy Tilapia w/garlic butter Dinner Rolls Rice Pilaf Butter Corn Kernels Seasonal Fresh Fruit Salad Bar/Soup of the Day 19
AM	Creamy Oatmeal w/Raisins Bacon PM: Whole Grain Cookies	Bacon & Egg Tacos Breakfast Potatoes PM: Strawberries	Whole Wheat Pancakes w/Maple Syrup PM: Fresh Sliced Apples	Scrambled Eggs Turkey Sausage PM: Seedless Grapes	Biscuits & Gravy Sausage PM: Low fat cheese sticks
PM	Shredded Beef & Mushrooms Grilled Chicken Breast Red Bliss Baked Potatoes Carrots, Broccoli, Cauliflower Dinner rolls Seasonal fresh fruit Salad bar/Soup of the day 22	Cheese Ravioli, Tomato Cream; Teriyaki Chicken Whole Wheat Rice Steamed Broccoli Dinner Rolls Seasonal fresh fruit Salad bar/Soup of the day 23	Turkey Chili Baked Potato Cubed Pork & Tomato Stew Green Bean Casserole Brown Fried Rice Dinner Rolls Seasonal fresh fruit Salad bar/Soup of the day 24	Grnd. Beef Taco/Tortilla Shell Grnd. Chicken Taco/Tortilla Shell Shredded Lettuce, Cream, Pico Charro Pinto Beans Sautéed Corn with Bell Peppers Seasonal Fresh Fruit Salad Bar/Soup of the Day 25	Crumb-crustured Fish&Tartar Mild Chicken Wings Oven Roasted Potatoes Sautéed Fresh Carrots Seasonal Fresh Fruit Salad Bar/Soup of the Day 26
AM	Ham & Cheese Quesadillas Breakfast Potatoes PM: Flavored Jell-O	Ham & Egg Sandwich Turkey Sausage PM: Fruit Cup	Creamy Oatmeal w/Maple Syrup PM: Fresh Orange Wedges		*Highlighted items indicate K3 & K4 entrees.
PM	BBQ Chicken Breast Sliced Smoked Brisket Mashed Potatoes Corn on the Cob Dinner Rolls Seasonal Fresh Fruit Salad bar/Soup of the day 29	Grilled Chicken Breast & Rotelli; Cheese Quesadillas Steamed Carrots Steamed Broccoli Dinner Rolls Seasonal Fresh Fruit Salad bar/Soup of the day 30	Beef Lasagna Sliced Pork Loin Tomato-stewed Chick Peas Sautéed Green Zucchini Dinner Rolls Seasonal Fresh Fruit Salad Bar/Soup of the Day 31		