

JANUARY, 2022

monday	tuesday	wednesday	thursday	friday
3 PASTA DAY rigatoni meat sauce green beans	4 BURRITO BOWLS diced chicken black beans brown rice cheddar cheese lettuce salsa sour cream	5 BREAKFAST DAY bagels with cream cheese cheesy eggs tater tots	6 SANDWICH DAY BBQ shredded chicken sandwich steamed green beans	7 PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies
10 PASTA DAY penne pasta marinara meatballs steamed veggies	11 QUESDAILLAS chicken or cheese brown rice black beans sour cream	12 BREAKFAST DAY assorted muffins sausage cheesy eggs hashbrowns	13 SANDWICH DAY grilled cheese tomato soup green beans tater tots	14 NO SCHOOL
17 NO SCHOOL	18 TACO DAY chicken tacos brown rice black beans cheddar cheese lettuce salsa sour cream	19 BREAKFAST DAY pancakes cheesy eggs berry syrup bacon homefries	20 SANDWICH DAY buffalo chicken wrap baked tater tots fresh veggies	21 PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies
24 PASTA DAY baked rigatoni marinara ricotta and mozzarella cheese steamed veggies	25 BEEFY NACHOS seasoned ground beef black beans cheddar cheese tortilla chips	26 BREAKFAST DAY waffles fresh berry syrup turkey sausage scrambled eggs	27 SANDWICH DAY sloppy joes on a brioche bun sweet potato tots	28 PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies
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