

JANUARY, 2023

monday	tuesday	wednesday	thursday	friday
	BURRITO BOWLS diced chicken black beans brown rice cheddar cheese lettuce tomatoes salsa sour cream	BREAKFAST DAY pancakes berry syrup cheesy eggs hash browns	SANDWICH DAY sloppy joe tater tots green beans	PIZZA DAY whole wheat dough cheese with choice of meatballs steamed broccoli
PASTA DAY mac and cheese fresh green beans	QUESDAILLAS chicken or cheese brown rice black beans sour cream	BREAKFAST DAY assorted muffins turkey bacon cheesy eggs hash browns	SANDWICH DAY grilled cheese tomato soup fresh vegetable	PIZZA DAY whole wheat dough cheese with choice of turkey bacon sautéed green beans with garlic
NO SCHOOL MLK DAY	NACHO DAY beef nachos spanish rice black beans cheddar cheese lettuce salsa sour cream	BREAKFAST DAY pancakes berry syrup cheesy eggs turkey sausage hash browns	SANDWICH DAY cheese burger tater tots green beans	PIZZA DAY whole wheat dough cheese with choice of one topping steamed broccoli
PASTA DAY baked rigatoni marinara ricotta and mozzarella cheese steamed veggies	BURRIOT BOWLS seasoned diced chicken black beans brown rice cheddar cheese lettuce salsa sour cream	BREAKFAST DAY waffles fresh berry syrup turkey sausage cheesy eggs hash browns	SANDWICH DAY BBQ grilled chicken on a bun cheese lettuce tomato crinkle cut fries	PIZZA DAY whole wheat dough cheese with choice of one topping fresh vegetable
PASTA DAY potato and cheese pierogies steamed green beans	TACO TUESDAY soft tortillas chicken black beans brown rice cheddar cheese lettuce tomato sour cream			



+ WELL-BALANCED MENU +
 A BITE AHEAD OF THE REST OF THE DAY
 HEALTHY AND NATURAL INGREDIENTS
 NO ARTIFICIAL FLAVORS OR COLORS