**January 2023**

 M T W TH F

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| **2. NO SCHOOL****Breakfast tornado,, strawberries, milk/juice****Hot dog on****WG bun,****French fries,****Banana,****Milk** | **3. NO SCHOOL****Breakfast bagel, pears, milk/juice****Fiestada,****Romaine salad,****Avocado,****Watermelon,****Milk** | **4.****Donuts, egg, peaches, milk/juice****Cheese ravioli,****WG breadstick,****Green beans,****Applesauce,****Milk** | **5.****Pancake, blueberries, milk/juice****Teriyaki dippers,****Corn bread muffin,****Baked beans,****Oranges,****Milk** | **6.****Breakfast sandwich, fruit cocktail, milk/juice****Pizza bites,****Cottage cheese,****Carrots,****Apples,****milk** |
| **9.****Breakfast pizza, pears, milk/juice****Chicken patty** **on WG bun,****Sweet potato fries,****Rainbow carrots,****Grapes,****Milk** | **10.****Scrambled eggs, toast, blueberries, milk/juice****Crispitos,****Romaine salad,****Black bean salad,****Strawberries,****Milk** | **11.****Waffles, fruit cocktail, milk/juice****Beef and WG noodles,****WG roll,****Corn,****Honeydew,****Milk** | **12.** **Biscuits and gravy, peaches,****Milk/juice****Scalloped potato and ham,****Bread and butter,****Asparagus,****Pineapple,****Milk** | **13.****Breakfast bar, egg, oranges, milk/juice****WG Grilled cheese,****Tomatoes,****Celery,****Apples,****Milk** |
| **16.****French toast, Fruit cocktail, Milk/juice****Pulled pork on** **WG bun,****Mashed potatoes,****Pineapple,****Milk** | **17.****Omelet, toast, banana** **milk/juice****quesadilla****Romaine salad,** **Black bean salad,****Apples,****milk** | **18. NO SCHOOL****Bagel, egg, blueberries,****Milk/juice****PB&J****Cottage cheese,****Carrots,****Pears,****Milk** | **19.****Pancake stick, peaches, milk/juice****Chili,****Cinnamon roll,****Acorn squash,****Applesauce,****Milk** | **20.****Cereal bar, egg, strawberries, milk/juice****Fish sticks,****Carrots/celery****Grapes,****milk** |
| **23.****Apple frudel, banana, milk/juice****Cheddarwurst on WG bun,****Baked beans,****Apples,****Milk** | **24.****Egg bake, toast, strawberries, Milk/juice****Chicken burrito,****Romaine salad,** **avocado****Peaches,****Milk** | **25.****Muffin, egg, blueberries,****Milk/juice****Macaroni and cheese with** **WG noodles,****corn,****Oranges,****Milk** | **26.****Ham hash brown, pineapple, milk/juice****Meatball sub on WG bun,****Tomato/cucumber****Pears,****Milk** | **27.****Cinnamon pretzel, fruit cocktail, milk/juice****Cheese bread****Carrots,****Applesauce,****Milk** |
| **30.****Donuts, eggs, banana,****Milk/juice****Chicken strips,****carrots,****Cucumbers,****Oranges,****milk** | **31.** **Egg frittata, toast, blueberries,****Walking taco,** **Romaine salad,****Black bean salad,****Pineapple,****Milk** |  |  | **This institute is an equal opportunity provider****Menu’s subject to change upon availability** |