

JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HAPPY NEW YEAR!	2 Chicken Teriyaki w/ brown rice and veggies Butternut Squash Ravioli w/parm toast Ground Beef Taco Salad Cali Goddess Sandwich w/ fresh fruit	3 Spaghetti & Meatballs w/ broccoli Paneer Tikka Tacos w/ tumeric basmati rice Chinese Chicken Salad Grilled Chicken Pesto w/crunchy veggies	4 Apple Pancakes w/ turkey sausage Mexican Pizza w/spanish rice Greek Salad Tuna Sand w/potato chips	5 Beef Sloppy Joes w/sweet potato wedges Mac & Cheese w/peas & carrots Chicken Caesar Salad Caprese Sand w/fresh fruit
8 BBQ Drumsticks w/mac n'cheese bites French Toast w/ strawberries Steak Salad Fruit & Cheese Plate	9 Beef Bites w/rice and veggies Baked Ziti Pasta w/parm toast Chicken Caesar Salad Turkey Avo BLT w/ fresh fruit	10 Chicken Tenders w/pasta and veggies Veggie Ramen Stir Fry w/edamame Ground Beef Taco Salad Italian Sub w/ chocolate chip cookie	11 Italian Wedding Soup Cheese Quesadillas w/spanish rice Fried Chicken salad Tuna Melt Panini w/ carrot sticks	12 Hot Dogs w/corn succotash Veggie Sushi Chinese Chicken Salad Cali Goddess Sandwich w/fresh fruit
15 Martin Luther King Day	16 Chicken Noodle Soup w/pretzel roll Cheese Ravioli w/parm toast Chicken Caesar Salad Grilled Chicken Pesto w/crunchy veggies	17 Grilled Ham & Cheese w/ crunchy carrots Spring Rolls w/edamame Fried Chicken Salad Tuna Sand w/potato chips	18 Ground Beef Tacos w/ spanish rice Veggie Potstickers w/ veggie fried rice Greek Salad w/pita chips Ham & Brie w/ fresh fruit	19 Lemon Chicken Fettucini w/ roasted broccoli Cheese Pizza Chicken Taco Salad Nonnie's Egg Salad w/ crunchy carrots
22 Sweet & Sour Chicken w/rice & veggies Mac & Cheese w/veggies Citrus Chicken Salad Turkey Avo BLT w/ fresh fruit	23 Mini Burgers w/ tater wedges Alphabet Soup w/oyster crackers Chinese Chicken Salad Fruit & Cheese Plate	24 Chicken & Waffles w/fruit Baked Ziti Pasta w/ parm toast Steak Salad Grilled Chicken Pesto w/ crunchy veggies	25 Caribbean Fish Tacos w/ coconut rice Grilled Cheese w/tomato soup Chicken Cesar Salad Cali Goddess Sandwich w/fresh fruit	26 Beef & Broccoli w/ jasmine rice Dippity Do Da Friday Fried Chicken Salad Ham & Brie w/ fresh fruit
29 Spaghetti Bolognese w/ broccoli Pupusas w/cabbage slaw Chinese Chicken Salad Tuna Sand w/potato chips	30 Fried Chicken Drumsticks w/mashed potatoes French Toast w/ strawberries Chicken Caesar Salad Caprese Sand w/fresh fruit	31 Chicken Tikka Masala w/ carrots Cheese Quesadillas w/ spanish rice Steak Salad Turkey Avo BLT w/ fresh fruit	1 Pepperoni Pizza w/ crunchy carrots Welcome to the Islands: Coconut Rice w/ beans & plantains Chicken Taco Salad Fruit & Cheese Plate	2 BeBob Kebab w/orzo pasta Cheese Ravioli w/ parm toast Greek Salad Tuna Melt Panini w/ carrot sticks

