

**WEEK of 1/130/23 MENU**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
MON 1/30/23	100% Fruit Punch WG French Toast Sticks with Syrup Pear Halves Milk and Water	BBQ Sriracha Meatballs on a Whole Grain Roll Sweet Potato Nuggets Broccoli Florets Sliced Peaches Milk and Water	Battered Pollock Wedge with Tartar Sauce Macaroni Salad Green Beans Pineapple Rings Milk and Water	Cheez It Crackers & Milk
TUE 1/31/23	Grape Juice WG Blueberry Muffin with Margarine & Jelly Fresh Fruit Milk and Water	Southwest Chicken Tacos Mexican Rice Corn Mandarin Oranges Milk and Water	Roast Herb Pork Loin in Gravy Sweet Potatoes Normandy Vegetables Brownie Milk and Water	Vanilla Wafers & Milk
WED 2/1/23	Orange Juice Woods Breakfast Sandwich Applesauce Milk and Water	Italian Roast Beef with American Cheese on a Club Roll Wax Beans Cherry Tomatoes Fruit Cocktail Milk and Water	Chicken Caesar Salad Dinner Roll with Margarine Peach Halves Cookies Milk and Water	Donut & Milk
THUR 2/2/23	Apple Juice WG Pancakes with Syrup Pineapple Chunks Milk and Water	Chili Cheese over Rice Broccoli Whole Wheat Dinner Roll with Margarine Pear Halves Milk and Water	Stuffed Shells Lettuce Wedge with Dressing Italian Bread with Margarine Banana Pudding Milk and Water	Graham Crackers & Milk
FRI 2/3/23	Cranberry Juice Oatmeal Tropical Fruit Salad Milk and Water	Tuna Salad on WG Croissant Carrots Fresh Fruit Milk and Water	Cheese Pizza (unit to bake) California Vegetables Orange Cake Milk and Water	Kettle Potato Chips & Milk
SAT 2/4/23	Orange Juice WG Cinnamon Roll Enriched Bran Flakes Sliced Pears Milk and Water	Chicken Breast on Whole Grain Roll Potato Salad Baby Carrots Applesauce Milk and Water	Philly Cheese Steak on a Roll Steak Fries Sliced Peaches Milk and Water	Goldfish Crackers & Milk
SUN 2/5/23	Apple Juice WG English Muffin with Margarine & Jelly Fruit Cocktail Milk and Water	Asian Chicken Salad with Asian Sesame Dressing Whole Wheat Dinner Roll with Margarine Mandarin Oranges Milk and Water	Open Faced Turkey in Gravy on Wheat Bread Cranberry Sauce Peas and Carrots Fresh Fruit Strawberry Shortcake Ice Cream Milk and Water	Crunchy Cheetos & Milk

\*\*\*\*No Pork

