

# JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>A Day</b> 9 Chicken Nuggets or Vegetable Wrap*	<b>B Day</b> 10 BBQ Pork on a Bun or Loaded Baked Potato*	<b>C Day</b> 11 Cheese pizza* or Broccoli Quiche*	<b>D Day</b> 12 Creamy Chicken Alfredo w/ Broccoli or Grilled Cheese & Tomato Soup*	<b>E Day</b> 13 Walking Taco w/ Beef or Bean* and Assorted Topping Ice-cream
	<b>F Day</b> 17 Pizza Dippers* or Hot Ham on a Pretzel Bun	<b>A Day</b> 18 Mac & Cheese* or Hot Italian Sub on a Ciabatta	<b>B Day</b> 19 Chicken Mashed Potato Bowl or Chicken Caesar Wrap	<b>C Day</b> 20 Inside Cookout Hot Dog All Beef Burger Black Bean Burger*
<b>D Day</b> 23 Chicken BBQ Ranch Flat Bread or French Toast* /w Chicken Sausage	<b>E Day</b> 24 Turkey Stacker or Meatball sub	<b>F Day</b> 25 Prairie Mc Muffin* or Brat on a bun	<b>A Day</b> 26 Spaghetti Choice of Sauces Marinara* Meat or Alfredo*	<b>B Day</b> 27 Penne Rosa* or Sloppy Joe
<b>C Day</b> 30 Chicken Patty or Gyro	<b>D Day</b> 31 Teriyaki Chicken w/ Brown or Stir Fried Vegetable*	<b>*Denotes Vegetarian option.            Deli bar is another option daily.            Fresh fruit and salad bar served daily. (1-12)            ES-K Daily sandwich option: Ham, Turkey, or Cheese.            Side items are included in the daily lunches.</b>		