## January Hot Menu 2019

	Mon	Tue	Wed	Thu	Fri	
		1	2	3	4	5
6	7 Beef Dip Caesar Salad Fruit Juice	8 Beef Dip Caesar Salad Fruit Juice	9 Chicken fricassee Brown Rice Banana Milk	10 Lasagna Vanilla Yogurt and Gran- ola Fruit Juice	11 Chicken Stir Fry w/ Honey garlic sauce Chow Mein noodles Caesar Salad Milk	12
13	14 Macaroni and Cheese Grapes Fruit Juice	15 Vegetarian Chili and Cornbread Red Delicious Apple Chocolate Milk	16 Meatball Sub Cracked Wheat Bun Banana Milk	17 Southwest Chicken WW Burrito w/ Salsa Vanilla Yogurt and Gran- ola Fruit Juice	18 Cheese Perogies with sour cream Caesar Salad Milk	19
20	21 Whole Wheat Pasta and Beef Bolognaise sauce Vanilla Yogurt and Granola Fruit Juice	22 Beef Burger Cracked Wheat bun Leaf Lettuce Red Delicious Apple Chocolate Milk	23 Chicken Nuggets Dinner Roll Caesar Salad Milk	24 Pepperoni and Cheese WW Calzone Golden Delicious Apple Fruit Juice	25 Chicken Pot Pie Carrot sticks Milk	26
27	28 Macaroni and Cheese Grapes Fruit Juice	29 Chicken Burger Cracked Wheat Bun Red Delicious Apple Chocolate Milk	30 Sweet & Sour Meatballs Brown rice and Vegetables Banana	31 Bean and Cheese Quesadilla with Salsa Fresh Cut Fruit Salad Fruit Juice		