



## January 2023

Milk served with breakfast and lunch daily

	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 2	<b>CENTERS CLOSED</b> <i>New Year's Day (Observed)</i>	Cereal Milk Fruit	Yogurt Milk Fruit	Cereal Milk Fruit	Cereal Milk Fruit
		Egg Salad Oranges Carrots Rye Bread	Chicken Udon Noodles Peas Pears	Bean Burritos Corn Bananas	Pizza Cucumber Fruit
		Rice Cakes	Hummus & Pita	Yogurt & Oats	Graham Crackers
Jan 9	Cereal Milk Fruit	Yogurt Milk Fruit	Cereal Milk Fruit	Cereal Milk Fruit	Cereal Milk Fruit
	Meat Balls French Fries Carrots Apples	White Beans Tomato Sauce Mozarella Cheese Italian Bread	Pizza Muffin Pineapple Broccoli	Chicken Soup w/ Rice Cheese Roll-up	Baked Tofu Broccoli Fruit Salad Rice
	Rice Cakes & Milk	Bananas	Yogurt & Oats	Cheese & Crackers	Trail Mix
Jan 16	<b>CENTERS CLOSED</b> <i>Dr. Martin Luther King, Jr. Day</i>	Cereal Milk Fruit	Cereal Milk Fruit	Cereal Milk Fruit	Cereal Milk Fruit
		Chicken Broccoli Berries Rice	Chili Corn Bread Fruit Salad	Bean Burritos Corn Red Peppers	Pizza Pineapple Mixed Veggies
		Rice Cakes	Bananas	Cheese & Crackers	Muffin & Milk
Jan 23	Cereal Milk Fruit	Cereal Milk Fruit	Yogurt Milk Fruit	Cereal Milk Fruit	Cereal Milk Fruit
	Bagels Cream Cheese Fruit Salad	Pizza Cucumber Pineapple	Mac & Cheese Peas Oranges	Baked Tofu Mixed Veggies Pears	Pasta Meat Sauce Green Beans Fruit Salad
	Goldfish & Berries	Rice Cakes	Nutbutter Sandwich	Yogurt	Chef's Choice
Jan 30	Cereal Milk Fruit	Yogurt Milk Fruit			
	Fishstix Peas Applesauce	Boiled Eggs Waffles Applesauce Melon			
	Cheese & Crackers	Mini Bagels/Cheese			