

JANUARY '23 LUNCH MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
 <p>2023 is the year of the rabbit.</p>	TRAVEL RETURN	Ravioli w/ sausage, garlic bread and fresh fruit	French dip and French fires	Pork chop subs and pasta salad	Chicken nugget bar, rice and egg rolls	Egg salad and chips
8	9	10	11	12	13	14
Chicken strips and French fries	Meatball subs and chips	Taco soup and Fritos	McRib subs and baked beans	Lasagna, breadsticks and fresh fruit	TRAVEL HOME	
15	MLK 16	17	18	19	20	21
	TRAVEL RETURN	Breakfast subs, tater triangles and fresh fruit	Sloppy Jos, and Jo-Jo's	Chicken Gnocchi soup	Fish, French fries and coleslaw	Wraps and potato salad
22	23	24	25	26	27	28
Chinese New Year Subway sandwiches and chips	Burritos, rice and corn	Spaghetti, garlic bread and salad	Hot dogs and chips	Baked potato bar	BLT's and chips	Chicken subs and pasta salad
29	30	31	<p>Available daily: tossed salad, a bean or legume, apples, oranges, carrots, canned fruit, yogurt, cold water, choices of milk including skim, 1% white and fat free chocolate. Cottage cheese is available at most meals.</p>			
Mini pizzas and salad	Goulash and dinner rolls	Grilled Cheese and tomato soup				

MENU SUBJECT TO CHANGE