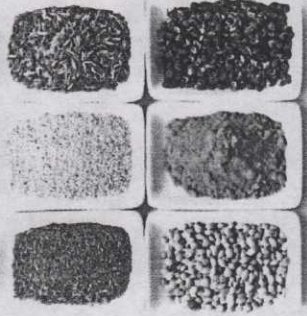
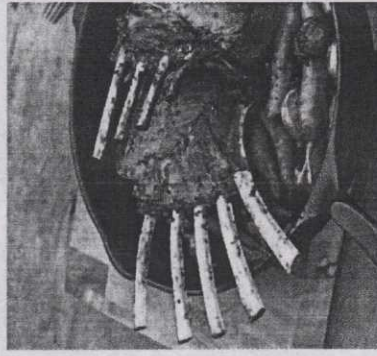


# January 2019



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		<b>Winter Holidays</b>				
6	7	8	9	10	11	12
	Cheese Stuffed Shells w/ Marinara Sauce, WGR Dinner Roll, Seasoned Green Beans, Carrot Sticks	Pizza, Seasoned Broccoli, Celery, Tomato & Carrot	Tangerine Chicken, Brown Rice, Seasoned Carrots, Fresh Romaine Salad	Nachos, Chili & Cheese, Black Beans w/ Cheese, Celery Sticks	WGR Mini Corn Dogs, Roasted Potatoes, Cucumber, Tomato & Carrot	
13	14	15	16	17	18	19
	Pizzeria Style Pizza, Seasoned Broccoli, Celery, Tomato & Carrot	Roasted Chicken, Large WGR Roll, Whipped Potatoes & Gravy, Carrot Sticks	WGR Popcorn Chicken, WGR Mac & Cheese, Seasoned Carrots, Celery Sticks	Cheese Quesadilla, Salsa, Seasoned Green Beans, Tomato & Carrot	Chicken & Cheese Burrito, Refried Beans w/ Cheese, Fresh Romaine	
20	21	22	23	24	25	26
	<b>MLK BIRTHDAY STUDENT HOLIDAY</b>	WGR Mini Corn Dogs, Seasoned Broccoli, Fresh Garden Salad	WGR Chicken Sandwich, Lettuce, Tomato Slices, Potato Smiles, Carrots & Celery	Crunchy Beef Tacos w/Lettuce, Tomato&Cheese, Spanish Rice, Black Beans w/Cheese, Cucumber, Tomato&Carrot	WGR Deep Dish Cheese Pizza, Seasoned Green Beans, Broccoli & Carrots	
27	28	29	30	31		
	Beef & Gravy, WGR Dinner Roll, Whipped Potatoes, Brown Gravy, Fresh Garden Salad	Beef Hot Dog w/ WGR Bun, Baked Beans, Carrot Sticks	WGR Deep Dish Cheese Pizza, Seasoned Green Beans, Celery Sticks	WGR Breadstick WGR Chicken Tenders, Seasoned Broccoli, Cucumber, Tomato & Carrots		
NOTES:						
<b>Fruit or juice and milk (1% white or fat free flavored) served daily. WGR = Whole Grain Rich</b>						