



Lunch menu

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baked ziti 3 Winter squash Sliced carrots Pineapple tidbits Beverage</p>	<p>Pot roast with carrots and onions 4 Green beans Mashed potatoes Fresh fruit Beverage</p>	<p>Baked chicken with gravy 5 Lima beans Okra and tomatoes Yellow rice Oatmeal cream cookie Beverage</p>	<p>Beef cheeseburger 6 Baked beans Whole wheat bun Lettuce, tomato and onion Mustard, ketchup, mayo Peach cobbler Beverage</p>	<p>Chicken & dumplings 7 Sliced carrots Steamed broccoli Fruit cup Beverage</p>
<p>Chicken fingers with honey mustard sauce 10 Black-eyed peas Sliced carrots Macaroni and cheese Applesauce Beverage</p>	<p>Beef sausage dog 11 Cole slaw Sweet potato wedges Hotdog bun Mustard, ketchup Shana's surprise cobbler Beverage</p>	<p>Salisbury steak with mushroom gravy 12 Collard greens Squash casserole Whole wheat roll Fruit cup Beverage</p>	<p>Grilled cheese sandwich 13 Vegetable soup Spiced peaches Beverage</p>	<p>Barbeque chicken 14 Cauliflower Green beans Yellow rice Fresh banana Beverage</p>
<p>Baked spaghetti with meat sauce 17 Vegetable medley Green peas Vanilla pudding Beverage</p>	<p>Baked chicken with fricassee sauce 18 Green beans Yam patties Yellow rice Pound cake Beverage</p>	<p>Barbeque pork chop 19 Vegetable medley Lima beans Whole wheat roll Gelatin with fruit Beverage</p>	<p>Chili with beans 20 Sweet baby carrots Mexican corn Banana pudding Beverage</p>	<p>Pot roast with carrots and potatoes 21 Cabbage Butter beans Rice Pineapple tidbits Beverage</p>
<p>Lemon baked fish 24 Okra and tomatoes Green peas Rice Tartar sauce Orange Beverage</p>	<p>Ranch baked chicken 25 Squash casserole Lima beans Whole wheat roll Fresh fruit Beverage</p>	<p>Salisbury steak with mushroom gravy 26 Mashed potatoes Broccoli casserole Diced peaches Beverage</p>	<p>Barbeque chicken 27 Collard greens Black-eyed peas Yellow rice Banana pudding Beverage</p>	<p>Spaghetti with meat sauce 28 Steamed broccoli Cole slaw Garlic bread Fruit cobbler Beverage</p>
<p>Chipped barbeque chicken 31 Coleslaw Potato wedges Whole wheat bun Spiced apples Beverage</p>				

*Menu subject to market availability

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