


January 2023

Breakfast menu

SUN	MON	TUES	WED	THUR	FRI	SAT
Every Morning: Oatmeal, Cheerios Raisin Bran, Bran Flakes, Special K, Shredded Wheat						
1 Cereal Eggs Toast Meat (B)	2 French Toast Meat (P)	3 Cereal Eggs Toast Meat (B)	4 Pastries Eggs Toast Meat (L)	5 Cereal Eggs Toast Meat (B) Biscuits & Gravy	6 Cereal Eggs Toast Meat (P)	7 Cereal Eggs Toast Meat (B)
8 Cereal Eggs Toast Meat (L)	9 Pancakes Meat (B)	10 Cereal Eggs Toast Meat (P)	11 Pastries Eggs Toast Meat (B)	12 Cereal Eggs Toast Meat (L) Biscuits & Gravy	13 Cereal Eggs Toast Meat (B)	14 Cereal Eggs Toast Meat (P)
15 Cereal Eggs Toast Meat (B)	16 French Toast Meat (L)	17 Cereal Eggs Toast Meat (B)	18 Pastries Eggs Toast Meat (P)	19 Cereal Eggs Toast Meat (B) Biscuits & Gravy	20 Cereal Eggs Toast Meat (L)	21 Cereal Eggs Toast Meat (B)
22 Cereal Eggs Toast Meat (P)	23 Pancakes Meat (B)	24 Cereal Eggs Toast Meat (L)	25 Pastries Eggs Toast Meat (B)	26 Cereal Eggs Toast Meat (P) Biscuits & Gravy	27 Cereal Eggs Toast Meat (B)	28 Cereal Eggs Toast Meat (L)
29 Cereal Eggs Toast Meat (B)	30 French Toast Meat (L)	31 Cereal Eggs Toast Meat (B)				Meat B— Bacon L— Sausage Link P— Sausage Patty

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Lunch/Supper *Menu*

SUN	MON	TUES	WED	THUR	FRI	SAT
		Substitutions by: 10:00 for Noon Meal 3:00 for Supper Meal Chef Salad Hamburger Meat/Chz Sandwich Fried Egg Sandwich Baked Potato				
1 Roast Beef Dinner or Hot Beef Sandwich Cream of Broccoli Chicken Strips Biscuits	2 Chicken Fried Steak Minestrone Soup BLT	3 Enchiladas Chicken Noodle Soup Tater Tot Casserole	4 Bacon Cheese Burger Beef & Noodle Soup Chicken Alfredo Garlic Bread	5 Beef & Noodles Potato Soup Ham & Cheese Sandwich	6 Shrimp Tomato Soup Grilled Cheese Sandwich	7 Baked Potato Bar Chili & Cinnamon Rolls
8 Baked Ham Beef & Barley Soup Cold Cut Sandwich	9 Spaghetti Cream of Broccoli Soup Beef Salad Sandwich	10 Indian Tacos Chicken & Rice Meatloaf	11 French Dip Potato Soup Ham & Cheese Melt	12 Sour Cream Chicken Beef & Rice Soup Chicken Salad Sandwich	13 Fish Fry Minestrone Soup Mexican Casserole	14 Pork Chops Tomato Soup Grilled Cheese Sandwich
15 Roast Beef Dinner or Hot Beef Sandwich Cream of Broccoli Chicken Strips Biscuits	16 Lasagna Potato Soup Roast Beef Melt	17 Fried Chicken Chicken Noodle Soup Hamburger Mac & Cheese	18 Pizza & Wings Beef Vegetable Soup Tuna Casserole	19 Meatloaf Chicken & Rice Soup Cold Cut Sandwich	20 Salmon Minestrone Soup Beef Salad Sandwich	21 Tater Tot Casserole Chili & Cinnamon Rolls
22 Meat & Potatoes Cream of Broccoli Soup Ham & Swiss	23 Chicken Alfredo Potato Soup Hamburger Steak with gravy	24 Beef & Rice Tomato Soup Grilled Cheese Sandwich	25 Philly Cheese Steak Sandwich Vegetable Beef Soup Tater Tot Casserole	26 Meat Balls Chicken Noodle Soup Cold Cut Sandwich	27 Crab Cakes Minestrone Soup Hot Dogs Mac & Cheese	28 Swiss Mushroom Burger Beef & Noodle Soup French Toast & Sausage
29 Baked Ham Tomato Soup Grilled Cheese	30 Taco Salad Cream of Broccoli Soup BLT	31 Pork Chops Beef & Barley Soup Chicken Swiss Melt				