January 2023 Hot Lunch Menu

Tuesday	Wednesday	Thursday
3 Breaded Chicken Breast 3oz Mayo 1 PC Carrots ½ c Brussels Sprouts ½ c W. G. Hamburger Bun 2 oz Applesauce ½ c		**5** Stuffed Shells 2 – 2 oz w/ Sauce 2 oz Spinach ½ c w/ Lemon Juice 1 PC California Blend ½ c W. G. Garlic Toast 2 oz Sliced Pears ½ c
10 Salisbury Steak 3 oz w/ Gravy W.G. Noodles ½ c Cauliflower ½ c Mixed Vegetables ½ c W.G. Wheat Diced Peaches ½ c		**12** Pineapple Glazed Ham 3 oz Scalloped Potatoes ½ c Buttered Carrots ½ c 2 Whole Grain White Banana .
17 Vegetable Lasagna 6 oz California Blend ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c Grape Juice 4 oz		**19** Chicken Stir Fry - 3 oz Chicken Brown Rice ½ c Kyoto Blend ½ c Asian Blend ½ c W.G. White Mandarin Oranges ½ c
24 Stuffed Peppers 4 oz w/ Sauce 2 oz Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c		**26** BBQ Chicken 3 oz Macaroni and Cheese ½ c Sweet Potatoes ½ c Spinach ½ c w/ Lemon Juice 1 PC Whole Grain White Grapes 1 c
31 Chicken Stuffed with Broccoli 6 oz Mashed Potatoes ½ c Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz Orange		