

January

BREAKFAST

Monday - Friday Alternate - Cereal or Toast

All meals served with Assorted Fruit and Milk

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Scrambled Eggs with Cheese	Assorted Muffins	Bagels	Breakfast Burrito	Pancakes



January LUNCH

		Wednesday...1	Thursday...2	Friday...3
		No School	ECS Bowl Ham & Cheese Veggie Fruit Milk	Fish Sticks Ham & Cheese Veggie Fruit Milk
Monday...6	Tuesday...7	Wednesday...8	Thursday...9	Friday...10
Chicken Noodle Casserole Turkey & Cheese Veggie Fruit Milk	Ravioli & Meatballs Turkey & Cheese Veggie Fruit Milk	BBQ Beef Patties Turkey & Cheese Veggie Fruit Milk	Homemade Chicken Noodle Soup with Grilled Cheese Turkey & Cheese Veggie Milk	Quesadillas Turkey & Cheese Veggie Fruit Milk
Monday...13	Tuesday...14	Wednesday...15	Thursday...16	Friday...17
Honey Garlic Chicken with Rice Salami & Cheese Veggie Fruit Milk	Goulash Salami & Cheese Veggie Fruit Milk	Turkey Roll Ups with Mashed Potatoes Salami & Cheese Veggie Fruit Milk	Buffalo Chicken Mac & Cheese Salami & Cheese Veggie Fruit Milk	Italian Dunkers Salami & Cheese Veggie Fruit Milk
Monday...20	Tuesday...21	Wednesday...22	Thursday...23	Friday...24
No School	Chicken Alfredo Lasagna Ham & Cheese Veggie Fruit Milk	Meatball Subs Ham & Cheese Veggie Fruit Milk	Chicken Wraps Ham & Cheese Veggie Fruit Milk	Nachos Ham & Cheese Veggie Fruit Milk
Monday...27	Tuesday...28	Wednesday...29	Thursday...30	Friday...31
Burgers Turkey & Cheese Veggie Fruit Milk	Chicken & Rice Casserole Turkey & Cheese Veggie Fruit	No School	Hot Dogs Turkey & Cheese Veggie Fruit Milk	Pizza Turkey & Cheese Veggie Fruit Milk