

January 2021 - CMS

Monday	Tuesday	Wednesday	Thursday	Friday
SPV – Baby Carrots 4 Crispy Chicken Patty on a WG Bun Or- Yogurt & Cheese Stick with a WG Soft Pretzel Baked Beans Applesauce	Breaded Mozzarella Cheese Sticks with Pizza Sauce Or- Yogurt & Cheese Stick with Assorted WG Bread Grape Tomatoes Chilled Peaches 	Pizza Hut Pizza-PEPP Or- Yogurt & Cheese Stick with Assorted WG Bread Romaine Salad with Croutons Banana	Tot-Chos with Beef and Cheese and a WG Soft Pretzel  Or- Yogurt & Sunflower Seeds a WG Soft Pretzel Tater Tots Chilled Pears	Chicken Alfredo with Penne Pasta and WG Garlic Bread Or- Yogurt & Cheese Stick with WG Garlic Bread Green Beans Strawberries
SPV – Grape Tomatoes 11 WG Pancakes with Sausage Links  Or- Yogurt & Cheese Stick with Assorted WG Bread Breakfast Yams Blueberries	Cheeseburger on a WG Bun  Or- Yogurt & Cheese Stick with Assorted WG Bread Mixed Vegetables Chilled Pears	Popcorn Chicken with a Fluffy Biscuit Or- Yogurt & Cheese Stick with a Fluffy Biscuit Steamed Broccoli Chilled Peaches	Hot Dog on a WG Bun  Or- Yogurt & Sunflower Seeds with a WG Soft Pretzel Cowboy Beans Orange Wedges 	Shepherd's Pie with Assorted WG Bread  (Ground beef w/Peas, Carrots, & Corn with Mashed Potatoes) Or- Yogurt & Cheese Stick with Assorted WG Bread Mashed Potatoes Fresh Apple
SPV – Baby Carrots 18 Martin Luther King Jr. Day Chicken Nuggets with a WG Soft Pretzel Or- Yogurt & Cheese Stick with a WG Soft Pretzel Baked Beans Fruit Medley 	Chicken Fried Steak on a WG Bun  Or- Yogurt & Cheese Stick with Assorted WG Bread Sweet Potato Fries Banana	Pizza Hut Pizza-CHEESE Or- Yogurt & Cheese Stick with Assorted WG Bread Romaine Salad with Croutons Strawberries	Baked Rotini Pasta with Meat Sauce and a WG Ciabatta Roll  Or- Yogurt & Sunflower Seeds with a WG Ciabatta Roll Seasoned Green Beans Cinnamon Applesauce	Loaded Cheesy Potato Wedges with Bacon and Assorted WG Bread  Or- Yogurt & Cheese Stick with Assorted WG Bread Potato Wedges Chilled Peaches
SPV – Grape Tomatoes 25 Crispy Fish Sandwich with Cheese on a WG Bun Or- Yogurt & Cheese Stick with Assorted WG Bread Steamed Carrots Blueberries	Fried Chicken Drumstick with Assorted WG Bread Or- Yogurt & Cheese Stick with Assorted WG Bread California Blend Vegetables Pineapple Tidbits	Crispy Beef Tacos with a Lettuce and Cheese Cup  Or- Yogurt & Cheese Stick with Assorted WG Bread Refried Beans Chilled Pears	BBQ Pork on a WG Bun  Or- Yogurt & Sunflower Seeds with a WG Soft Pretzel Crinkle French Fries Mixed Fruit Candy Cookie	Macaroni & Cheese with a WG Soft Pretzel Or- Yogurt & Cheese Stick with a WG Soft Pretzel Steamed Broccoli Fresh Apple

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change.  Denotes PORK in main entrée.  Denotes BEEF in product WG = Whole Grain
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