

# January

2023

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SUNDAY	MONDAY	TUESDAY	WILDFLOWER WEDNESDAY (VEGETARIAN)	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	<b>Holiday Break- No School</b>	<b>Holiday Break/ Staff Work Day-No School</b>	Spinach and cheese ravioli with rolls and fruit	Chicken Caesar Salad with rolls and fruit	Hotdogs, French fries, and veggie	
8	9	10	11	12	13	14
	Macaroni and cheese, Salmon, and veggie	Spaghetti w/ meatballs, breadsticks, and veggie	Bean and cheese burrito, rice, and veggie	Spinach quiche, fruit, and sausage	Beef Teriyaki, veggie stir-fry, and rice	
15	16	17	18	19	20	21
	<b>Martin Luther King Day-No School</b>	Lasagna, salad, and garlic bread	Linguine Alfredo, rolls, and veggie	Baked chicken, mashed potatoes, and veggie	Tacos, rice, and fruit	
22	23	24	25	26	27	28
	Pulled chicken sliders, coleslaw and fruit	Soup and sandwich: Broccoli cheddar w/ turkey and cheese	Cheese quesadilla, rice, and veggie	Pepperoni pizza, salad, and fruit	Hamburger mac, roll, and veggie	
29	30	31				
	Chili w/ crackers and fruit	Meatballs, rice, and veggie				