January 2022 MD Williams menu

Monday	Tuesday	Wednesday	Thursday	Friday
3. Chicken Philly Sandwich Sandwich Veggies French Fries Apple Slices Milk	4. National Spaghetti Day Spaghetti Steamed Broccoli Seasoned Corn Fruit Garlic Roll Milk	5. *WaffleiciousWednesday* Chicken Tenders Waffles w/syrup Waffle French fries Fruit Milk	6. National Bean Day Taco Soup Cheese Toast Crackers Broccoli/Carrot Stix Applesauce Milk	7. BBQ Pork Sandwich Baked Beans Cole Slaw Fruit Milk
10. *Home-style Meatball Potato Bowl* Green Beans Fruit Hot Roll Milk	11. National Milk Day Chicken & Noodles Steamed Broccoli Carrot Coins Crackers Fruit Milk	12. *Breakfast 4 Lunch* Biscuits & gravy Scrambled Eggs Sausage Tater tots Juice Milk	13. Quesadilla Salsa Seasoned Beans Fruit Milk	14. Macaroni & Cheese California Blend Veggies Cherry Tomatoes Fruit Milk
	18. Redskin Cafe' Bacon Cheddar Burger Sand. Salad cup Pickle spears French Fries Fruit Milk	19. Oven Roasted Chicken Mashed Potatoes Gravy Black-eyed Peas Fruit Roll/Milk	20. National Cheese Lover's Day Cheese Pizza Pizza-style Green Beans Seasoned Corn Fruit Milk	21. Chicken & Noodles Steamed Broccoli Carrot Coins Crackers Peaches Milk
24. Grilled Chicken Sandwich Sand. Salad Cup French Fries Fruit Milk	25. BBQ Nachos Salsa Baked Beans Cole Slaw Fruit Milk	26. Breakfast 4 Lunch Ham Egg Cheese Tater Bowl Biscuit Juice Milk	27. Chicken Nuggets Mashed Potatoes Gravy Carrot Coins Fruit Hot roll Milk	28. Chili Crackers Broccoli & dip Cinnamon Roll Applesauce Milk
31. Beef & Macaroni Steamed Veggies Peaches Hot roll Milk		A choice of Main Dish, Hamburger or Chef Salad is offered daily, with daily vegies, fruit, milk and condiments.		This institution is an equal opportunity provider.

Eat foods that are QUILLY good for you.

Monday: Cinnamon Bun, juice, fruit, milk
Tuesday: Breakfast Burrito, salsa, juice, fruit, milk
Wednesday: Scrambled Eggs, Biscuit, juice, fruit, milk
Thursday: Pancakes with Ham slice, syrup, juice, fruit, milk
Friday: Sausage, Biscuit, gravy, juice, fruit, milk
******cereal, juice, fruit, milk offered as daily choices*****
Daily Menu subject to change