### Monday

### **Tuesday**

### Wednesday

### **Thursday**

### **Friday**

### 01/02/2023

#### 01/03/2023

### Wowbutter/jelly/ww bread/chees MEAT BALL SUB peas, fresh CALIFORNIA BLEND/CHEESE SAUCE CHILLED FRUIT milk, chocolate, skim

MILK 1% Lowfat

#### Wowbutter/jelly/ww bread/chees TURKEY & CHEESE WRAP CARROTS, BABY CUCUMBER,RAW FRUIT, FRESH ASSORTED milk, chocolate, skim MILK 1% Lowfat MAYONAISE

RANCH DRESSING-FAT FREE

#### Wowbutter/jelly/ww bread/chees AMERICAN CHOP SUEY ROLLS,WHEAT: scratch(Yeast) GREEN BEAN/CHEESE SAUCE Garbanzo Beans FRUIT, FRESH ASSORTED milk, chocolate, skim MILK,1% Lowfat RANCH DRESSING-FAT FREE

#### Wowbutter/jelly/ww bread/chees HAMBURG/WW BUN TOMATOES, SLICED BROCCOLI FRUIT, FRESH ASSORTED milk, chocolate, skim MILK.1% Lowfat KETCHUP: individual RANCH DRESSING-FAT FREE

### 01/09/2023

Wowbutter/jelly/ww bread/chees SHEPHERD'S PIE OATMEAL/BROWN ROLLS CELERY STICKS peas, fresh FRUIT.FRESH ASSORTED milk, chocolate, skim MILK,1% Lowfat RANCH DRESSING

### 01/10/2023

Wowbutter/jelly/ww bread/chees taco/soft shell/cheese LETTUCE/TOMATOE CUP CORN: frozen, yellow SALSA SOUR CREAM FRUIT.FRESH ASSORTED MILK,1% Lowfat milk, chocolate, skim

### 01/11/2023

01/04/2023

Wowbutter/jelly/ww bread/chees GRILLED CHEESE CUCUMBER RAW KIDNEY BEANS: canned, drained CHICKEN STEW FRUIT, FRESH ASSORTED milk, chocolate, skim MILK,1% Lowfat

#### 01/12/2023

01/05/2023

Wowbutter/jelly/ww bread/chees MACARONI AND CHEESE(NEW) ROLLS.WHEAT: scratch(Yeast) COLE SLAW CORN: frozen, yellow FRUIT, FRESH ASSORTED milk, chocolate, skim MILK,1% Lowfat

#### 01/13/2023

01/06/2023

NO LUNCH

### 01/16/2023

HOLIDAY

# 01/17/2023

Wowbutter/jelly/ww bread/chees HOT DOG/BEEF & PORK/ROLL POTATO SALAD Baked Beans, NE Style FRUIT, FRESH FR. CUP milk, chocolate, skim MILK,1% Lowfat RANCH DRESSING-FAT FREE KETCHUP: individual MUSTARD: individual PC

### 01/18/2023

Wowbutter/jelly/ww bread/chees BBQ CHICKEN BREAST/BONELESS ROLLS.WHEAT: scratch(Yeast) MAINE MASHED POTATOES SQUASH, WINTER: baked FRUIT FRESH ASSORTED milk, chocolate, skim MILK,1% Lowfat

### 01/19/2023

Wowbutter/jelly/ww bread/chees s&s chicken/veg over rice CARROTS, BABY CORN: frozen, yellow FRUIT, FRESH ASSORTED milk, chocolate, skim MILK,1% Lowfat RANCH DRESSING-FAT FREE

### 01/20/2023

Wowbutter/jelly/ww bread/chees Chickenburger/WW Bun CUCUMBER,RAW **BROCCOLI & CHEESE** FRUIT, FRESH ASSORTED milk, chocolate, skim MILK,1% Lowfat RANCH DRESSING

#### 01/23/2023

Wowbutter/jelly/ww bread/chees Chicken Strips-Gluten Free ROLLS,WHEAT: scratch(Yeast) FRENCH FRIES, OVATION CARROTS:frozen, boiled FRUIT, FRESH ASSORTED milk, chocolate, skim MILK.1% Lowfat

#### 01/24/2023

Wowbutter/jelly/ww bread/chees CHICKEN POT PIE / BISCUIT PEPPERS, RED & YELLOW CAULIFLOWER,raw: fresh CHILLED FRUIT FRUIT, FRESH ASSORTED milk, chocolate, skim MILK.1% Lowfat RANCH DRESSING-FAT FREE

#### 01/25/2023

early release Wowbutter/jelly/ww bread/chees HAM & CHEESE HARD HAT CARROTS, BABY PEA PODS FRUIT, FRESH ASSORTED milk, chocolate, skim MILK.1% Lowfat

### 01/26/2023

Wowbutter/jelly/ww bread/chees SPAGHETTI MEAT SAUCE ROLLS,WHEAT: scratch(Yeast) CUCUMBER, RAW Garbanzo Beans FRUIT, FRESH FR. CUP milk, chocolate, skim MILK.1% Lowfat RANCH DRESSING-FAT FREE

#### 01/27/2023

Wowbutter/jelly/ww bread/chees FISH PORTIONS&STICKS,FRZ,REHEA ROLLS, WW 1 OZ CALIFORNIA BLEND/CHEESE SAUCE BROCCOLI FRUIT, FRESH ASSORTED milk, chocolate, skim

## 01/30/2023

Wowbutter/jelly/ww bread/chees BBQ CHICKEN SUB TOMATOES, SLICED BARY SPINACHE FRUIT, FRESH ASSORTED milk, chocolate, skim MILK,1% Lowfat

### 01/31/2023

Wowbutter/jelly/ww bread/chees cheese pizza WW CUCUMBER,RAW CARROTS, BABY FRUIT, FRESH ASSORTED milk, chocolate, skim MILK,1% Lowfat

MILK.1% Lowfat