



JANUARY 2020



****Sun Butter and Jelly offered Daily****

Mon	Tue	Wed	Thu	Fri
Low Fat White, Skim White Milk & Skim Chocolate Milk are offered everyday.				
French Toast Sticks Bagels Cereal	Breakfast Pizza Bagels Cereal	Pancake/Waffles Bagels Cereal	Blueberry Muffins Bagels Cereal	Breakfast Sandwich Bagels Cereal
6	7	8	9	10
Chicken Fingers OR Cheese Quesadilla w/ Spanish rice OR Tuna Sandwich	Toasted Cheese w/Tomato Soup OR Parmesan Chicken on a bun OR Ham & Cheese Sandwich	Spaghetti w/meat Or plain sauce w/wheat roll OR Chicken Caesar Wrap OR Egg salad Sandwich	Baked breaded Fish Sticks OR Cheeseburger on a roll OR Turkey & Cheese Sandwich	Whole Wheat Pizza OR Raised Edge Crust Pizza OR Chicken Salad Sandwich
13	14	15	16	17
BBQ Chicken Flatbread OR Hot Dog in a roll OR Egg salad Sandwich	Cheesy Bread w/dipping sauce OR Chili w/cornbread OR Turkey & Cheese Sandwich	Macaroni & Cheese w/wheat roll OR Spicy Chicken on a bun OR Ham & Cheese Sandwich	Hard Tacos OR Baked Potato w/broccoli & cheese OR Tuna Sandwich	Whole Wheat Pizza OR Raised Edge Crust Pizza OR Ham Salad Sandwich
20	21	22	23	24
HOLIDAY	KFC Bowl w biscuit OR Beef Burrito w/ rice OR Tuna Sandwich	Bowtie Pasta w/meat or plain sauce w/wheat roll OR Cheeseburger Wrap OR Turkey & Cheese Sandwich	Shepherd's Pie w/ roll OR Rib-A-Que on a bun OR Egg salad Sandwich	Whole Wheat Pizza OR Raised Edge Crust Pizza OR Ham & Cheese Sandwich
27	28	29	30	31
Cheese Lasagna w/wheat roll OR Sweet & Sour Meatballs w/rice OR Ham & Cheese Sandwich	Sloppy Jeff's on a bun OR Pesto Flatbread OR Egg salad Sandwich	Chop Suey w/ wheat roll OR Pizza Wrap OR Tuna Sandwich	BRUNCH Waffles w/strawberries or blueberries OR Corn Chowder w/biscuit OR Chicken Salad Sandwich	Whole Wheat Pizza OR Raised Edge Crust Pizza OR Turkey & Cheese Sandwich

The Maine Human Rights Act prohibits discrimination because of race, color, sex, sexual orientation, age, physical or mental disability, genetic information, religion ancestry or national origin.