

Wednesday, January 2

Breakfast

Pancakes with Syrup
Fruit

Lunch

Seasoned Chicken
w/ Stir Fried Vegetables
Steamed Brown Rice
Fruit

Thursday, January 3

Breakfast

Ham & Egg Scramble
Garlic Rice
Fruit

Lunch

Cheese Pizza
Carrot Sticks with Ranch Bean Dip
Fruit

Friday, January 4

Breakfast

Fruit Muffin
Fruit

Lunch

Breaded Fish with Tartar Sauce
Steamed Brown Rice
Seasoned Local Vegetable
Steamed Corn
Fruit

Monday, January 7

Breakfast

Creamy Rice Soup
Crackers/Breadsticks
Fruit

Lunch

Tuna Supreme Sandwich
Japanese Salad
w/Cabbage & Carrots
Fruit

Secondary Second Choice

Sesame Chicken Rice Bowl
With Vegetables
Fruit

Tuesday, January 8

Breakfast

Cinnamon Raisin Breakfast Roll

Fruit

Lunch

Chicken Curry with Potatoes

Steamed Green Beans

Steamed Rice

Fruit

Secondary Second Choice

Salad Bar

Crackers/Dinner Rolls

OR

Italian Sub Sandwich with

Side Salad Made to Order

Fruit

Wednesday, January 9

Breakfast

Meat Lover's Scramble

Steamed Brown Rice

Fruit

Lunch

Salisbury Steak with Gravy

WGR Dinner Roll

Mashed Potatoes

Mixed Vegetable Blend

Fruit

Secondary Second Choice

Soyu Chicken Rice Bowl

With Vegetables

Fruit

Thursday, January 10

Breakfast

French Toast with Syrup

Fruit

Lunch

Honey Glazed chicken

Steamed Brown Rice

Steamed Broccoli

Texas BBQ Beans

Fruit

Secondary Second Choice

Salad Bar

(Made to Order)

With Crackers/Dinner Roll

Fruit

Friday, January 11

Breakfast

Chicken Nuggets &
Curried Fried Rice
Fruit

Lunch

Spaghetti with Marinara Sauce
With Cheese
Steamed Carrot &
Local Vegetable
Fruit

Secondary Second Choice

Kung Pao Chicken Rice Bowl With Vegetables
Fruit

Monday, January 14

Breakfast

Cereal Selection
Fruit

Lunch

Chicken Patty on WGR Bun
Carrot Sticks with Dip
Texas BBQ Beans
Fruit

Secondary Second Choice

Spicy Fried Rice with Whole Egg
Texas BBQ Beans
Steamed Carrots
Fruit

Tuesday, January 15

Breakfast

Denver Baked Omelet
WGR Breakfast Roll
Fruit

Lunch

Pork Adobo with Potato
Green Beans
Steamed Brown Rice
Fruit

Secondary Second Choice

Salad Bar
(Made to Order)
With Crackers/Dinner Roll
Fruit

Wednesday, January 16

Breakfast

Sausage with Fried Rice

Fruit

Lunch

Chicken Pancit

With Vegetables

Fruit

Secondary Second Choice

Five Alarm Pizza

Carrot & Cucumber Sticks

With Dip

Fruit

Thursday, January 17

Breakfast

Granola Topped Oatmeal Breakfast Bread

Fruit

Lunch

Beef Pepper Steak

Steamed Brown Rice

Local Vegetable

Fruit

Secondary Second Choice

Salad Bar

(Made to Order)

With Crackers/Dinner Roll

Fruit

Friday, January 18

Breakfast

Ham Slice and

Garlic Brown Rice

Fruit

Lunch

Oven Baked Fried Chicken

Red Rice

Steamed Broccoli

Steamed Corn

Fruit

Secondary Second Choice

Coconut Curry Fish

Steamed Brown Rice

Steamed Broccoli

Steamed Corn

Fruit

Monday, January 21 (Martin Luther King, Jr Day)

Breakfast

Corn and Egg Soup

Fruit

Lunch

Chicken Adobo with Potatoes

Steamed Rice

Steamed Corn

Fruit

Tuesday, January 22

Breakfast

Scrambled Eggs

With Fried Rice

Fruit

Lunch

Spaghetti with Meat Sauce

Steamed Broccoli & Carrots

Fruit

Secondary Second Choice

Salad Bar

Crackers/Dinner Rolls

OR

Chicken Teriyaki Sandwich w/

Side Salad Made to Order

Fruit

Wednesday, January 23

Breakfast

Pancakes with Syrup

Fruit

Lunch

BBQ Chicken

Red Rice

Texas BBQ Beans

Normandy Vegetable Blend

Fruit

Secondary Second Choice

Hamburger on WGR Bun

Texas BBQ Beans

Normandy Vegetable Blend

Fruit

Thursday, January 24

Breakfast

Sausage and Egg Scramble

Garlic Brown Rice

Fruit

Lunch

Cheese Pizza

Carrot Sticks with Ranch Bean Dip

Fruit

Secondary Second Choice

Salad Bar

(Made to Order)

With Crackers/Dinner Roll

Fruit

Friday, January 25

Breakfast

Fruit Muffin

Fruit

Lunch

Tuna Cabbage Stir Fry

Steamed Brown Rice

Seasoned Local Vegetables

Fruit

Secondary Second Choice

Baked Breaded Chicken Strips

WGR Dinner Roll

Coleslaw

Local Vegetable

Fruit

Monday, January 28

Breakfast

Ham & Potato Chowder

Crackers/Breadsticks

Fruit

Lunch

Sweet & Sour Fish with Steamed Rice

Seasoned Mixed Vegetables

Fruit

Secondary Second Choice

Thai Beef Noodle Bowl

With Mixed Vegetables

Fruit

Tuesday, January 29

Breakfast

Cinnamon Twist Bread

Fruit

Lunch

Chicken Curry with Potatoes

Steamed Rice

Seasoned Green Peas

Fruit

Secondary Second Choice

Salad Bar

(Made to Order)

With Crackers/Dinner Roll

Fruit

Wednesday, January 30

Breakfast

Fried Rice with Chicken Nuggets

Fruit

Lunch

Marianas BBQ Cheeseburger

Carrot Sticks with Dip

Fruit

Secondary Second Choice

Orange Chicken Rice Bowl With Seasoned Carrot
and Mixed Vegetables

Fruit

Thursday, January 31

Breakfast

French Toast with Syrup

Fruit

Lunch

Coconut Chicken Adobo

Steamed Brown Rice

Broccoli & Seasoned Local Vegetables

Fruit

Secondary Second Choice

Salad Bar

(Made to Order)

With Crackers/Dinner Roll

Fruit

Friday, February 1

Breakfast

Eggs & Cheese with Steamed Brown Rice

Fruit

Lunch

Macaroni & Cheese

Green Peas

Texas BBQ Beans

Fruit

Secondary Second Choice

Jerk Chicken Rice Bowl

Green Peas with Mixed Vegetables

Fruit