



# JANUARY | 2023

## PRC Lunch

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Crispy chicken Biscuits Fruit cup Brownie Juicebox	2 Swedish meatballs Buttered noodle Assorted veggies Fruit	3 Chicken club wrap Sweet potato Assorted veggie Fruit Juice/milk	4 Chicken burrito Brown rice Assorted veggies Fruit	5 Ham and cheese rollup Roasted potato Assorted veggies Fruit Juice/milk	6 Pizza Assorted veggies Fruit Juice/milk	7 Roast beef and cheese Chips Fruit cup Cookie Juicebox
8 PB&J Chips Fruit Cookie Juicebox	9 Ravioli Assorted veggies Garlic bread Fruit Juice/milk	10 Chicken tenders Roasted potato Assorted veggies Fruit	11 Steak burrito Brown rice Assorted veggies Fruit	12 Meat and cheese quesadilla Home fries Assorted veggies Fruit Juice/milk	13 Pizza Assorted veggies Fruit Juice/milk	14 Chicken nuggets Crescent roll Fruit cup Cookie Juicebox
15 Crispy chicken Biscuits Fruit cup Brownie Juicebox	16 Swedish meatballs Buttered noodle Assorted veggies Fruit	17 Chicken club wrap Sweet potato Assorted veggie Fruit Juice/milk	18 Chicken burrito Brown rice Assorted veggies Fruit	19 Ham and cheese rollup Roasted potato Assorted veggies Fruit Juice/milk	20 Pizza Assorted veggies Fruit Juice/milk	21 Roast beef and cheese Chips Fruit cup Cookie Juicebox
22 PB&J Chips Fruit Cookie Juicebox	23 Ravioli Assorted veggies Garlic bread Fruit Juice/milk	24 Chicken tenders Roasted potato Assorted veggies Fruit	25 Steak burrito Brown rice Assorted veggies Fruit Juice/milk	26 Meat and cheese quesadilla Home fries Assorted veggies Fruit Juice/milk	27 Pizza Assorted veggies Fruit Juice/milk	28 Chicken nuggets Crescent roll Fruit cup Cookie Juicebox
29 Crispy chicken Biscuits Fruit cup Brownie Juicebox	30 Swedish meatballs Buttered noodle Assorted veggies Fruit	31 Chicken club wrap Sweet potato Assorted veggie Fruit Juice/milk	1	2	3	4