

JANUARY 2024

PHILIP J. ROCK SCHOOL

Dinner



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Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

MONDAY

Tomato bisque pasta **1**
Garlic bread
Assorted veggies
2% milk or juice

TUESDAY

Pot roast **2**
Assorted veggies
Dinner roll
2% milk or water

WEDNESDAY

Teriyaki chicken **3**
Fried rice
Assorted veggies
2% milk or juice

THURSDAY

Baked chimichanga **4**
Garlic rice
Assorted veggies
2% milk or juice

FRIDAY

BBQ pulled pork **5**
Hawaiian roll stuffing
Assorted veggies
2% milk or juice

Greek chicken **8**
Roasted potato
Assorted veggies
2% milk or water

Meatloaf **9**
Mashed potato
Assorted veggies
2% milk or juice

Honey walnut chicken **10**
Fried rice
Assorted veggies
2% milk or juice

Beef shepherd's pie **11**
Assorted veggies
2% milk or juice

Hawaiian chicken **12**
Coconut rice
Assorted veggies
2% milk or juice

Tomato bisque pasta **15**
Garlic bread
Assorted veggies
2% milk or juice

Pot roast **16**
Assorted veggies
Dinner roll
2% milk or water

Teriyaki chicken **17**
Fried rice
Assorted veggies
2% milk or juice

Baked chimichanga **18**
Garlic rice
Assorted veggies
2% milk or juice

BBQ pulled pork **19**
Hawaiian roll stuffing
Assorted veggies
2% milk or juice

Greek chicken **22**
Roasted potato
Assorted veggies
2% milk or water

Meatloaf **23**
Mashed potato
Assorted veggies
2% milk or juice

Honey walnut chicken **24**
Fried rice
Assorted veggies
2% milk or juice

Beef shepherd's pie **25**
Assorted veggies
2% milk or juice

Hawaiian chicken **26**
Coconut rice
Assorted veggies
2% milk or juice

Tomato bisque pasta **29**
Garlic bread
Assorted veggies
2% milk or juice

Pot roast **30**
Assorted veggies
Dinner roll
2% milk or water

Teriyaki chicken **31**
Fried rice
Assorted veggies
2% milk or juice

