

DOWNTOWN JEWISH  
JANUARY 2023

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>January 2</b>  <b>NO SCHOOL</b>	<b>January 3</b> <b>Burger with wheat bun</b> <b>Sweet potatoes fries</b> <b>Corn on the cob</b> <b>Fruit</b>	<b>January 4</b> <b>Chicken Nuggets</b> <b>French Fries</b> <b>Edamame</b> <b>Fruit</b>	<b>January 5</b> <b>Penne Pasta</b> <b>parmesan cheese</b> <b>Garlic bread</b> <b>Carrots</b> <b>Fruit</b>	<b>January 6</b> <b>Whole Wheat pizza</b> <b>Sliced Tomato &amp; cucumber</b> <b>Fruit and cookie</b>
<b>January 9</b> <b>Fish Sticks</b> <b>French Fries</b> <b>Corn</b> <b>Fruit</b>	<b>January 10</b> <b>Ground Beef</b> <b>White Rice</b> <b>Mixed veggie</b> <b>Fruit</b>	<b>January 11</b> <b>Mac &amp; cheeses</b> <b>Garden Salad</b> <b>Peas and carrots</b> <b>Fruit</b>	<b>January 12</b> <b>Grill Chicken strips</b> <b>White Rice</b> <b>Green Beans</b> <b>Fruit</b>	<b>January 13</b> <b>Whole Wheat pizza</b> <b>Sliced Tomato &amp; cucumber</b> <b>Fruit and cookie</b>
<b>January 16</b> <b>Penne pasta with zucchini, spinach and cherry tomato</b> <b>Garlic bread</b> <b>Peas</b> <b>Fruit</b>	<b>January 17</b> <b>Chicken sautéed</b> <b>White rice</b> <b>Green Beans</b> <b>Fruit</b>	<b>January 18</b> <b>Spiral parmesan cheese with cherry tomato</b> <b>Garlic bread</b> <b>Lima Beans</b> <b>Fruit</b>	<b>January 19</b> <b>Meatballs marinara</b> <b>Brown rice</b> <b>Peas and Carrots</b> <b>Fruit</b>	<b>January 20</b> <b>Whole Wheat pizza</b> <b>Sliced Tomato &amp; cucumber</b> <b>Fruit and cookie</b>
<b>January 23</b> <b>Penne pasta alfredo</b> <b>With Broccoli</b> <b>Garlic Bread</b> <b>Fruit</b>	<b>January 24</b> <b>Ground Turkey</b> <b>White rice</b> <b>Green Beans</b> <b>fruit</b>	<b>January 25</b> <b>Fish sticks</b> <b>Sweet Potatoes</b> <b>Peas and Carrots</b> <b>Fruit</b>	<b>January 26</b> <b>Chicken Nuggets</b> <b>Mashed Potatoes</b> <b>Corn</b> <b>Fruit</b>	<b>January 27</b> <b>Whole Wheat pizza</b> <b>Sliced Tomato &amp; cucumber</b> <b>Fruit and cookie</b>
<b>January 30</b> <b>Baked ziti</b> <b>Garlic bread</b> <b>Peas and carrots</b> <b>Fruit</b>	<b>January 31</b> <b>Chicken sautéed</b> <b>Brown Rice</b> <b>Green Beans</b> <b>Fruit</b>			