

# WA HE LUT'S MENU FOR January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
<p>3</p> <p>Breakfast Bar, Yogurt, Fruit</p> <p>Beef and Bean Burrito, Frito Chips, Salsa, Mexican Corn</p>	<p>4</p> <p>Scrambled Eggs, Bacon, Toast</p> <p>Baked Chicken Whole Grain Roll Seasoned Corn</p>	<p>5</p> <p>Cinnamon Roll Yogurt</p> <p>Goulash, Whole Grain Roll, Green Beans</p>	<p>6</p> <p>Pancake on a Stick Banana</p> <p>Spaghetti with Meat Sauce Seasoned Peas French Garlic Bread</p>	<p>7</p> <p>Egg McMuffin with Cheese and Sausage</p> <p>Cheese Pizza Garlic Bread</p>
<p>10</p> <p>Coffee Cake and Yogurt</p> <p>Chicken Strips Potato Wedges</p>	<p>11</p> <p>French Toast Sticks With Syrup and Bacon</p> <p>Chili Corn Bread</p>	<p>12</p> <p>Cheese Omelet Potato Rounds</p> <p>Macaroni &amp; Cheese Little Smokies Seasoned Peas</p>	<p>13</p> <p>Biscuit and Gravy Or Yogurt</p> <p>Chicken Quesadilla, Refried Beans with Black Bean and Corn Salsa</p>	<p>14</p> <p>Pancakes Sausage Links</p> <p>Mini Meatball Sub Ranch Potato Wedges</p>
<p>17</p> <p><b>NO SCHOOL</b> <b>MARTIN LUTHER</b> <b>KING DAY</b></p>	<p>18</p> <p>Yogurt Parfait Fresh Fruit</p> <p>Pig in a Blanket, Potato Wedges, Salad</p>	<p>19</p> <p>Waffles with Syrup Bacon</p> <p>Beef Tacos Corn Tortilla Chips Salsa</p>	<p>20</p> <p>Star Spangled Pancakes, Sausage Link</p> <p>Chicken Wrap Spanish Brown Rice</p>	<p>21</p> <p>Breakfast Bake, Whole Grain Toasts</p> <p>Pepperoni or Cheese Pizza, Cheese Bread</p>
<p>24</p> <p>Oatmeal Whole Wheat Toast</p> <p>Yummy Sloppy Joe on a Bun Steamed Carrots</p>	<p>25</p> <p>Pancake on a Stick Tri Taters</p> <p>White Chicken Chili Corn Bread</p>	<p>26</p> <p>Breakfast Pizza</p> <p>Hamburger on a Bun, French Fries, Corn on the Cob</p>	<p>27</p> <p>Scrambled Eggs, Hash Browns and Sausage</p> <p>Chicken Fettuccini, Whole Grain Breadstick, Vegetable</p>	<p>28</p> <p>French Toast Sticks Bacon</p> <p>Ham and Turkey Sandwich Chicken Soup Crackers Chocolate Chip Cookie</p>
<p>31</p> <p>Breakfast Bar Yogurt, Fruit</p> <p>Grilled Ham and Cheese Sandwich with Tomato Soup</p>	<p>30</p> <p>Scrambled Egg Whole Wheat Toast</p> <p>Hot Dog, Baked Beans, Potato Salad</p>	<p>31</p> <p>Oatmeal, Poached Egg, English Muffin</p> <p>Cheese Pizza, Cheesy Bread, Icecream</p>	<p>Milk Choice includes a choice of non-fat Chocolate or 1% White Milk.</p> <p>Fruit and Vegetables Bar (Fresh and canned) offered daily for Lunch</p>	<p>In accordance with Federal law and US Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity.</p>

