

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Maintain the Smile, Forget the Tears, Chuck Out the Bad, and Love the Good All Through the Year, Acknowledge the Little, Cute, Pure, Lovely but Heartfelt Wishes for You This New Year</p> 		<p>1</p> 	<p>2 Pancake on a Stick, Cheese Stick, Fruit, Milk</p>	<p>3 Oatmeal, Toast, Fruit, Juice, Milk</p>	<p>4 Cereal, Toast, Bananas, Juice, Milk</p>	<p>5</p>
			<p>Chicken & Rice, Fresh Green Salad, Green Beans, Hot Roll, Fruit, Milk</p>	<p>BBQ on a Bun, BE Peas, Baby Carrots, Fruit, Milk</p>	<p>Fish Sticks, Baked Fries, Corn on the Cob, Hot Bread, Fruit, Milk</p>	
<p>6</p>	<p>7 Breakfast Burrito, Juice, Milk</p>	<p>8 Oatmeal, Toast, Juice, Milk</p>	<p>9 French Toast, Sausage, Fruit, Milk</p>	<p>10 Cereal, Toast, Fruit, Juice, Milk</p>	<p>11 Cinnamon Apple Muffin, Sausage, Juice, Milk</p>	<p>12</p>
		<p>Chicken Fajita, Spanish Rice, Refried Beans, Peppers & Onions, Fruit, Milk</p>	<p>Grilled Cheese, Tomato Soup, Salad, Fruit, Milk</p>	<p>Macaroni & Cheese w/ Ham, Green beans, Jell-O w Fruit, Hot Toll,</p>	<p>Chili Dog, Corn, Baby Carrots, Fruit, Milk</p>	
<p>13</p>	<p>14 Pancake on a Stick, Juice, Milk</p>	<p>15 Cereal, Toast, Bananas, Milk</p>	<p>16 Muffins, Sausage, Juice, Milk</p>	<p>17 Waffle Sticks, Bacon, Juice, Milk</p>	<p>18 Apple or Cherry Turnovers, Milk</p>	<p>19</p>
		<p>Spaghetti w/Meat, Sauce, Fresh Salad, Green Beans, Hot Bread, Fruit, Milk</p>	<p>Chicken Nuggets, Sweet Potato Tots, Corn, Hot Bread, Fruit, Milk</p>	<p>Chicken and Noodles, Mashed Potatoes, Broccoli, Fruit, Milk</p>	<p>Nachos W Meat, Ranch Beans, Salad w/Ranch, Fruit, Cookie, Milk</p>	
<p>20</p>	<p>21 Cereal, Toast, Cheese Stick, Juice, Milk</p>	<p>22 Scrambled Eggs, Biscuit, Fruit, Milk</p>	<p>23 Oatmeal, Toast, Fruit, Milk</p>	<p>24 Biscuit w/Gravy, Ham, Juice, Milk</p>	<p>25 Cereal, Toast, Juice, Milk</p>	<p>26</p>
		<p>Chef Salad, Pinto Beans, Bread Stick, Fruit, Milk</p>	<p>Steak Fingers, Mashed Potatoes, Broccoli, Hot Bread, Fruit, Milk</p>	<p>Frito Pie, Corn, Baby Carrots, Fruit, Milk</p>	<p>Grilled Ham, Scalloped Potatoes, Green Beans, Hot Roll, Fruit, Milk</p>	
<p>27</p>	<p>28 Breakfast Burrito, Frit, Juice, Milk</p>	<p>29 Muffin, Sausage, Fruit, Juice, Milk</p>	<p>30 Donuts, Fruit, Juice, Milk</p>	<p>31 Oatmeal, Toast, Fruit, Juice, Milk</p>	<p>This institution is an Equal Opportunity Provider.</p> <p>All menus subject to change.</p>	
		<p>Baked Chicken, Pilaf Rice, Green Beans, Hot Roll, Milk</p>	<p>BBQ Pork on Bun, Baked Beans, Baby Carrots, Fruit, Milk</p>	<p>Soft Tacos, RF Beans, Lettuce, Tomato, Salsa, Fruit. Milk</p>		

December

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Notes:

February

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.