




## Fort Jackson January Menu 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice				
<b>BREAKFAST</b>	1	2	3 	4
7 Assorted WG Cereal WG Pop Tart Assorted Fruit Assorted Milk	8 WG Waffles w/syrup Assorted 100% Juice Assorted Milk	9 Assorted Yogurt WG Muffin Assorted Fruit Assorted Milk	10 Assorted WG Cereal WG Graham Bear Assorted 100% Juice Assorted Milk	11 Scrambled Eggs English Muffin or Biscuit Assorted Fruit Assorted Milk
14 Assorted WG Cereal WG Pop Tart Assorted Fruit Assorted Milk	15 Pancakes w/Syrup Assorted 100% Juice Assorted Milk	16 Assorted Yogurt WG Muffin Assorted Fruit Assorted Milk	17 Assorted WG Cereal WG Graham Bear Assorted 100% Juice Assorted Milk	18  <b>TEACHER'S WORK DAY NO SCHOOL</b>
21  <b>MARTIN LUTHER KING NO SCHOOL</b>	22 WG Waffles w/syrup Assorted 100% Juice Assorted Milk	23 Assorted Yogurt WG Muffin Assorted Fruit Assorted Milk	24 Assorted WG Cereal WG Graham Bear Assorted 100% Juice Assorted Milk	25 Sausage Biscuit Assorted Fruit Assorted Milk
28 Assorted WG Cereal WG Pop Tart Assorted Fruit Assorted Milk	29 French Toast Sticks w/syrup Assorted 100% Juice Assorted Milk	30 Assorted Yogurt WG Muffin Assorted Fruit Assorted Milk	31 Assorted WG Cereal WG Graham Bear Assorted 100% Juice Assorted Milk	

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<b>LUNCH</b>	1	2	3	4
<b>WELCOME BACK</b>				
7 Chicken Nuggets w/Roll Green Beans Apple Slices/Applesauce Assorted Milk	8 Grilled Cheese Sandwich Diced Tomatoes Sliced Peaches Assorted Milk	9 Teriyaki Chicken Steamed Brown Rice Seasoned Succotash Diced Pears Assorted Milk	10 Catfish Filet Seasoned Pasta Chopped Broccoli Fresh Fruit Assorted Milk	11 <b>Breakfast for Lunch</b> French Toast Sticks w/syrup Sausage Patty Hash Brown Assorted 100% Juice Assorted Milk
14 Chicken Patty Sandwich Baked Beans Applesauce Assorted Milk	15 Taco w/Cheese/Lettuce/Tomato Mexicali Corn 100% Fruit Juice Bar Assorted Milk	16 BBQ Chicken Sandwich Steamed Rice Sweet Peas Mixed Fruit Assorted Milk	17 <b>Early Release 11:30</b> Yogurt Cheese Stick Assorted Muffin Carrots/Dip Assorted Fruit Assorted Milk	18  <b>TEACHER'S WORK DAY NO SCHOOL</b>
21  <b>MARTIN LUTHER KING NO SCHOOL</b>	22 Hot Dogs on Bun Cole Slaw Sliced Peaches Assorted Milk	23 Chicken Nuggets w/ roll Steamed Rice Pinto Beans Fresh Fruit Assorted Milk	24 Baked Macaroni & Cheese Mustard Greens Tossed Salad w/Dressing Applesauce Assorted Milk	25 <b>Birthday Bash</b> Hamburger on Bun Season Green Beans 100% Juice Bar Cake Assorted Milk 
28 Chicken Soft Taco Glazed Carrots Fruit Cocktail Assorted Milk	29 Meatball Subs Tator Tots 100% Juice cup Chocolate Pudding Assorted Milk	30 BBQ Pork w/Rice Broccoli Applesauce Assorted Milk	31 Ham Sandwich on Bun Carrot sticks w/ lite ranch Fresh Fruit Assorted Milk	

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