



January 2012

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<p>2</p> 	<p>3 POPCORN CHICKEN</p> <ul style="list-style-type: none"> • Baked Chicken Mini-Bites • Whipped Mashed Potatoes & Gravy • Hot steamy green peas & carrots 	<p>4 SPAGHETTI ITALIANO</p> <ul style="list-style-type: none"> • Spaghetti Italiano • Green Salad with toppings • Warm Toasty Garlic Bread 	<p>5 HAM AND CHEESE STUFFED CHICKEN</p> <ul style="list-style-type: none"> • Ham and cheese stuffed chicken • Creamy Spinach • Fresh Fruit 	<p>6 HOT PIZZA!</p> <ul style="list-style-type: none"> • Cheese, Veggie or Pepperoni. Made with our homemade sauce. • Fresh vegetables with Ranch. • Fresh fruit.
<p>9 MACARONI & CHEESE</p> <ul style="list-style-type: none"> • Homemade Macaroni and Cheese (our cheesy kid tested recipe) • Mini Sausage Links • Fresh Fruit Salad 	<p>10 PHILLY CHEESE STEAK</p> <ul style="list-style-type: none"> • CFK's Philly Cheese Steak Sandwiches • Cold sliced Peaches • Fresh Veggies with Ranch Dip 	<p>11 BEEF TORTELLINI</p> <ul style="list-style-type: none"> • Vegetable Soup • Beef Tortellini • Fresh Fruit 	<p>12 SOUP OF THE DAY (Potato cream, tomato, Corn chowder)</p> <ul style="list-style-type: none"> • Hot Steamy Soup • Fruit Salad • Cheesy Breadsticks 	<p>13 HOT PIZZA!</p> <ul style="list-style-type: none"> • Cheese, Veggie or Pepperoni. Made with our homemade sauce. • Fresh vegetables with Ranch. • Fresh fruit.
<p>16 DAY OFF</p> <p>Martin Luther King day.</p>	<p>17 POPCORN SHRIMP</p> <ul style="list-style-type: none"> • Baked Shrimp Mini-Bites • Steamed Rice • Steamed Broccoli with Cheese Sauce 	<p>18 CHICKEN CHEEZ WHIZ CASSEROLE</p> <ul style="list-style-type: none"> • Chicken with Cheese Sauce • Mashed Potatoes • Yogurt with Granola 	<p>19 BBQ BAKED POTATO/ BBQ ON A BUN</p> <ul style="list-style-type: none"> • BBQ Stuffed Baked Potato Or • BBQ beef on a bun • Fresh Vegetable with Ranch Dip • Sliced Fresh Fruit 	<p>20 HOT PIZZA!</p> <ul style="list-style-type: none"> • Cheese, Veggie or Pepperoni. Made with our homemade sauce. • Fresh vegetables with Ranch. • Fresh fruit.
<p>23 CAESAR WRAP</p> <ul style="list-style-type: none"> • Caesar Wrap with Chicken • Pickle • Sliced fruit 	<p>24 STEAK FINGERS</p> <ul style="list-style-type: none"> • Steak Fingers with BBQ dipping sauce available • Rice with Vegetables • Apple Sauce 	<p>25 FETTUCINE ALFREDO WITH CHICKEN</p> <ul style="list-style-type: none"> • Alfredo Fettucine Con Pollo • Carrots sticks with Ranch • Fresh Fruit 	<p>26 SLOPPY JOES</p> <ul style="list-style-type: none"> • Homemade Heart Healthy Sloppy Joes • Fruit Cocktail • Fresh Vegetables with Ranch Dip 	<p>27 HOT PIZZA!</p> <ul style="list-style-type: none"> • Cheese, Veggie or Pepperoni. Made with our homemade sauce. • Fresh vegetables with Ranch. • Fresh fruit.
<p>30 CHICKEN FAJITAS</p> <ul style="list-style-type: none"> • Chicken Fajitas in a soft flour tortilla with lettuce, tomato and salsa on the side • From Scratch Spanish Rice • Refried Beans 	<p>31 BEEF STEW</p> <ul style="list-style-type: none"> • Beef Stew • Buttered Rice • Oat Cookies 		<p>WE PROUDLY SERVE</p>  <p>the country's best yogurt</p>	