

JANUARY 2022 NEWCOMB CENTRAL

Monday	Tuesday	Wednesday	Thursday	Friday
Milk/white 1% or FF or Chocolate FF 3 Cottage cheese, Fruit, Veggies. Chicken Alfredo & Pasta OR Tuna Salad Sandwich	Milk/white 1% or FF or Chocolate FF 4 Cottage cheese, Fruit, Veggies. Enchilada Bake, Rice OR Tuna Salad Sandwich	Milk/white 1% or FF or Chocolate FF 5 Cottage cheese, Fruit, Veggies. BBQ Chicken, Garlic Mash Potatoes OR Tuna Salad Sandwich	Milk/white 1% or FF or Chocolate FF, Fruit, Salad Bar, Roll 6 Goulash OR Tuna Salad Sandwich	Milk/white 1% or FF or Chocolate FF 7 Cottage cheese, Fruit, Corn Chowder w/ Bacon Grilled Cheese or Tuna Sand
Milk/white 1% or FF or Chocolate FF 10 Cottage cheese, Fruit, Veg Italian Dunkers or Chicken Salad Sandwich.	Milk/white 1% or FF or Chocolate FF 11 Cottage cheese, Fruit, Veg Sloppy Nachos, Rice OR Chicken Salad Sand	Milk/white 1% or FF or Chocolate FF 12 Cottage cheese, Fruit, Veg Chicken & Biscuits, Mash Pot. OR Chicken Salad Sand	Milk/white 1% or FF or Chocolate FF, Cott. cheese 13 Fruit, Salad, Roll Lasagna OR Chicken Salad Sand.	Milk/white 1% or FF or Chocolate FF 14 Cottage cheese, Fruit, Broccoli cheddar Soup & Grilled cheese or Chix Salad
NO SCHOOL 17 Martin Luther King Jr Day	Milk/white 1% or FF or Chocolate FF 18 Cottage cheese, Fruit, Veg Beef and Bean Burrito, Rice OR Turkey & Cheese Sand	Milk/white 1% or FF or Chocolate FF 19 Cottage cheese, Fruit, Veg Hamburger & Bun with Sweet Potato Fries or Turkey & Cheese Sand	Milk/white 1% or FF or Chocolate FF 20 Cottage cheese, Fruit, Veg Roll, Spaghetti & Meat Sauce OR Turkey & Cheese Sand	Milk/white 1% or FF or Chocolate FF 21 Cottage cheese, Fruit, Tomato Soup & Grilled Chs Turkey & Cheese Sand
Milk/white 1% or FF or Chocolate FF 24 Cottage cheese, Fruit, Veg Fish Patty & Bun with Mac N Cheese or Egg Salad Sand	Milk/white 1% or FF or Chocolate FF 25 Cottage cheese, Fruit, Veg Chicken Tacos & Rice OR Egg Salad Sand	Milk/white 1% or FF or Chocolate FF, Cottage cheese, Fruit, Salad, Porcupine Balls, Mashed Potatoes & Roll 26 OR Egg Salad Sand.	Milk/white 1% or FF or Chocolate FF, Cott. cheese 27 Fruit, Salad, Roll Lasagna OR Egg Salad Sand.	Milk/white 1% or FF or Chocolate FF, Fruit, Cottage Cheese, Veg. Beef Barley Soup & Grilled cheese OR Egg Salad 28
Milk/white 1% or FF or Chocolate FF 31 Cottage cheese, Fruit, Veggies. Cheese Pizza OR Ham & Cheese Sandwich				

[Enter Additional Info]