




# The Academy January 2023

	<p>3 <i>Mini Pancakes or Cereal</i> Juice, Milk, &amp; Fruit <b>4-Cheese Garlic Bread</b> Glazed Carrots Marinara Sauce Fruit Variety Milk</p>	<p>4 <i>Eggs/Bacon/Toast or Cereal</i> Milk, Juice, &amp; Fruit <b>Chicken Nuggets</b> Roll &amp; Baby Carrots Green Beans Fruit Variety Milk</p>	<p>5 <i>Breakfast Pizza or Cereal</i> Milk, Juice, &amp; Fruit <b>Chicken Taco Supreme</b> Refried Beans/Salsa Romaine Salad Fruit Variety Milk</p>	<p>6 <i>Donut or Cereal</i> Milk, Juice, &amp; Fruit <b>Sausage Pizza</b> Vegetable Medley Baby Carrots Fruit Variety Milk</p>
<p>9 <i>Mini Waffles or Cereal</i> Fruit , Juice &amp; Milk <b>Pony Shoe</b> French Fries/Cheese Sauce Baby Carrots Fruit Variety Milk</p>	<p>10 <i>Sausage &amp; Cheese Slider or Cereal</i> Fruit, Juice &amp; Milk <b>Wild Mike Bites</b> Corn Marinara Sauce Fruit Variety Milk</p>	<p>11 <i>Banana Bread or Cereal</i> Fruit, Milk &amp; Juice <b>Bacon Chicken Wrap</b> Baked Beans Salad Fruit Variety Milk</p>	<p>12 <i>Breakfast Tornado or Cereal</i> Fruit, Milk &amp; Juice <b>Baked Spaghetti</b> Steamed Broccoli Baby Carrots/Salad Fruit Variety Milk</p>	<p>13 <i>French Toast &amp; Sausage or Cereal</i> Fruit, Milk &amp; Juice <b>Cheese Pizza</b> Vegetable Medley Baby Tomato Fruit Variety Milk</p> 
	<p>17 <i>Flapstick or Cereal</i> Fruit, Milk &amp; Juice <b>4- Cheese Garlic Bread</b> Broccoli &amp; Carrot Salad Marinara sauce Fruit Variety Milk</p>	<p>18 <i>Apple Bites or Cereal</i> Fruit, Milk and Juice <b>Chicken Tenders</b> Mashed Potatoes , Butter Corn Fruit Variety Milk</p>	<p>19 <i>Biscuits &amp; Gravy or Cereal</i> Cereal Fruit, Milk &amp; Juice <b>Sweet &amp; Sour Meatballs</b> Rice Mixed Vegetables Fruit Variety Milk</p>	<p>20 <i>Donut or Cereal</i> Fruit, Juice, &amp; Milk <b>Pepperoni Pizza</b> Baked Beans Baby Carrots Fruit Variety Milk</p>
<p>23 <i>Yogurt &amp; Muffin or Cereal</i> Fruit , Milk, &amp; Juice <b>Hot Dog/ Chili Dog</b> Sweet Potato Fries Baby Carrots Fruit Variety Milk</p>	<p>24 <i>Egg &amp; Cheese Slider or Cereal</i> Fruit, Milk &amp; Juice <b>Chicken Quesadilla</b> Taco Beans Salsa Fruit Variety Milk</p>	<p>25 <i>Mini Pancakes or Cereal</i> Fruit, Milk &amp; Juice <b>Bacon Chicken Twister</b> Glazed Carrots Romaine Salad Fruit Variety Milk</p>	<p>26 <i>Blueberry Bread or Cereal</i> Fruit , Milk &amp; Juice <b>Chicken Alfredo</b> Breadsticks Broccoli Fruit Variety Milk</p>	<p>27 <i>French Toast &amp; Sausage or Cereal</i> Fruit , Milk &amp; Juice <b>Sausage Pizza</b> Peas Baby Carrots Fruit Variety Milk</p>
<p>30 <i>Cinni Mini's or Cereal</i> Fruit , Milk &amp; Juice <b>Chicken Patty on Bun</b> Curly Fries Coleslaw Fruit Variety Milk</p>	<p>31 <i>Chicken Sausage &amp; Cheese Slider or Cereal</i> Fruit, Milk &amp; Juice <b>Tornado</b> Baked Beans Baby Carrots Fruit Variety Milk</p>	<p>1 <i>Bagel &amp; Cream Cheese or Cereal</i> Fruit, Milk &amp; Juice <b>Queso Grilled Chicken Wrap</b> Broccoli Salsa/Salad Fruit Variety Milk</p>	<p>2 <i>Mini Flapsticks or Cereal</i> Fruit, Milk &amp; Juice <b>General Chicken</b> Rice &amp; Mixed Vegetables Baby Tomatoes Fruit Variety Milk</p>	<p>3 <i>Donut or Cereal</i> Fruit, Milk &amp; Juice <b>Cheese Pizza</b> Green Beans Baby Carrots Fruit Variety Milk</p>