



Messiah Lutheran
Preschool and
Kindergarten
With Before and After School Care

Lunch - January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
9	10	11	12	13
Mac and Cheese Broccoli Apples Bread MILK	Turkey Wrap Lettuce Cheese Bananas Tortilla MILK	Beef Mostaccioli Cucumber slices Oranges Bread MILK	Beef Fajita Lettuce Rice Peas Tortilla MILK	PIZZA DAY FRUIT CARROTS MILK
16	17	18	19	20
CLOSED	Chicken Casserole Broccoli Banana Bread MILK	Beef Nachos Cheese Carrot coins Apples Tortilla chips MILK	Mac and Cheese Peas Pears Dinner Rolls MILK	PIZZA DAY FRUIT CARROTS MILK
23	24	25	26	27
Beef Hotdog Three Bean Chili Brussel Sprouts Apples Bun MILK	Chicken Tacos Cheese Lettuce Bean Salad Bananas Tortilla MILK	Beef Meatballs Mashed potatoes Cucumber slices Cantaloupe Roll MILK	Baked Ziti with Chicken Cauliflower rice Watermelon Dinner Roll MILK	PIZZA DAY FRUIT CARROTS MILK
30	31			
BBQ meatballs Rice Carrot coins Oranges Bread MILK	Mac and Cheese Peas Bananas Bread MILK			