### Main Course
- **Monday, January 6**
  - Turkey Croissant with Turkey Bacon, Lettuce & Tomato
  - Breaded Beef Steak/Gravy/Roll
- **Pairings (3-4)**
  - Mashed Potatoes Deluxe
  - Italian Green Beans
  - Cinnamon Applesauce
  - Fresh Oranges Wedges
- **Movers & Shakers**
  - Fruit & Yogurt Plate

- **Tuesday, January 7**
  - Mesquite Chicken with Roll
  - Garden Veggie Burger
- **Pairings (3-4)**
  - Mexican Corn
  - Collard Greens
  - Chilled Peaches
  - Fresh Apple Wedges
- **Movers & Shakers**
  - Fruit & Yogurt Plate

- **Wednesday, January 8**
  - Lemon Grass Chicken with Brown Rice
  - Fish Filet Sandwich
- **Pairings (3-4)**
  - Spinach Salad
  - Garden Baked Sweet Potato
  - Chilled Fruit Medley
  - Seasonal Fresh Fruit
- **Movers & Shakers**
  - Vegetarian Chef Salad
  - Fresh Turkey Sub Plate

- **Thursday, January 9**
  - Smoked Texas Rodeo Turkey BBQ Sandwich
  - Cheese Dippers with Salsa
- **Pairings (3-4)**
  - Coleslaw
  - Baked Beans
  - Chilled Mandarin Oranges
  - Seasonal Fresh Fruit
- **Movers & Shakers**
  - Grilled Chicken Chef Salad
  - Fresh Turkey & Cheese Club Sub

- **Friday, January 10**
  - Shrimp & Fish Basket with Macaroni & Cheese/Cornbread
  - Wild Mike’s Cheese Pizza
- **Pairings (3-4)**
  - Lemon Kissed Kale
  - Roasted Carrots
  - Chilled Pears
  - Seasonal Fresh Fruit
- **Movers & Shakers**
  - Chicken Strip Chef Salad
  - Fresh Turkey Sub Plate

- **Monday, January 13**
  - Batter Up Franks
  - Hamburger Deluxe
- **Pairings (3-4)**
  - Lettuce/Tomato/Pickle
  - Golden Crinkle Fries
  - Mandarin Oranges
  - Seasonal Fresh Fruit
- **Movers & Shakers**
  - Fruit & Yogurt Plate V
  - Turkey Sub Plate

- **Tuesday, January 14**
  - Nashville Hot Chicken with Texas Toast
  - Fish Fillet Sandwich
- **Pairings (3-4)**
  - Roasted Sweet Potato
  - Cucumber Salad
  - Spiced Baked Pears
  - Seasonal Fresh Fruit
- **Movers & Shakers**
  - Garden Vegetarian Chef Salad V
  - Turkey Sub Plate

- **Wednesday, January 15**
  - Beef & Cheese Nachos
  - Cheese Nachos V
  - Grilled Chicken Sandwich
- **Pairings (3-4)**
  - Shredded Lettuce & Tomato
  - Fiesta Black Beans
  - Appetizer
  - Seasonal Fresh Fruit
- **Movers & Shakers**
  - Fajita Chicken Chef Salad
  - Club Sub Plate

- **Thursday, January 16**
  - BBQ Chicken with Roll
  - Wild Mike’s Cheese Pizza V
- **Pairings (3-4)**
  - Roasted Corn
  - Power Kale Salad
  - Chilled Fruit Medley
  - Seasonal Fresh Fruit
- **Movers & Shakers**
  - Humming Bird Salad
  - Turkey Sub Plate

- **Friday, January 17**
  - Surf & Turf with Cornbread
  - Grilled Cheese
- **Pairings (3-4)**
  - Garden Green Salad
  - Steamed Broccoli
  - Chilled Peaches
  - Seasonal Fresh Fruit
- **Movers & Shakers**
  - Chicken Strip Chef Salad
  - Turkey Sub Plate

Choice of Milk Available with Every Meal.
<table>
<thead>
<tr>
<th>Monday, January 20</th>
<th>Tuesday, January 21</th>
<th>Wednesday, January 22</th>
<th>Thursday, January 23</th>
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<tbody>
<tr>
<td><strong>Main Course</strong></td>
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<tr>
<td>Smoked Texas Rodeo Turkey BBQ Sandwich</td>
<td>Lemon Grass Chicken with Brown Rice</td>
<td>Mesquite Chicken with Roll</td>
<td>Turkey Croissant with Turkey</td>
<td>Shrimp &amp; Fish Basket with Macaroni &amp; Cheese &amp; Cornbread</td>
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<tr>
<td>Cheese Dippers with Salsa V</td>
<td>Fish Fillet Sandwich</td>
<td>Garden Veggie Burger v</td>
<td>Bacon, Lettuce &amp; Tomato</td>
<td>Wild Mike’s Cheese Pizza</td>
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<td>Coleslaw</td>
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<td>Mesquite Corn</td>
<td>Roasted Beef Steak/Gluten/Roll</td>
<td>Lemon Kissed Kale</td>
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<td>Farm to School Cabbage</td>
<td>Italian Green Beans</td>
<td>Roasted Carrots</td>
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<td>Chilled Mandarin Oranges</td>
<td>Chilled Fruit Medley</td>
<td>Chilled Peaches</td>
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<td>Chicken Strip Chef Salad</td>
<td>Fruit &amp; Yogurt Plate v</td>
<td>Fajita Chicken Chef Salad</td>
<td>Charbroiled Chicken Chef Salad</td>
<td>Chicken Strip Chef Salad</td>
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<tr>
<td>Fresh Turkey &amp; Cheese Club Sub</td>
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<td>BBQ Chicken with Roll</td>
<td>Chicken Wings/Roll</td>
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<tr>
<td>Hamburger Deluxe</td>
<td>Fish Fillet Sandwich</td>
<td>Cheese Nachos v</td>
<td>Wild Mike’s Cheese Pizza v</td>
<td>Grilled Cheese</td>
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**How can you tell if your beans need a shower?**

**A:** Dried beans in a jar like these don’t need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it’s best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

[Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay Healthy/food/pyramid.html](http://kidshealth.org/kid/stay Healthy/food/pyramid.html)