

January

2021

Congregation Beth Israel

January

Monday	Tuesday	Wednesday	Thursday	Friday
				1 NY Day!!!
4 Baked Chicken strips DF Mac & cheese V Broccoli GF DF V Fruit GF DF V	5 Taco Soup GF DF Tortilla DF V Rice GF DF V Fruit GF DF V	6 Cheese Ravioli w/marinara V Garlic Bread Peas GF DF V Fruit GF DF V	7 Roast Turkey GF DF Mashed Sweet Potatoes GF V Green Beans GF DF V Fruit GF DF V	8 PIZZA
11 Beef Chili GF DF Cornbread V E Green Beans GF DF V Fruit GF DF V	12 Bean & Cheese Quesadilla V Roasted corn GF DF V Rice GF DF V Fruit GF DF V	13 Baked Fish DF Cauliflower Mash GF V Spinach GF DF V Melon GF DF V	14 Teriyaki Chicken GF DF Brown Rice GF DF V Egg Roll DF V pineapple GF DF V	15 PIZZA
18 MLK DAY!!!	19 Soft Chicken Tacos DF Rice GF DF V Refried Beans GF DF V Fruit GF DF V	20 Penne Alfredo V Peas & Carrots GF DF V Fruit GF DF V	21 Hot Turkey & Cheese Sandwich Veggie Soup GF DF V Fruit GF DF V	22 PIZZA
25 Beef Barley Stew DF WW Roll Fruit GF DF V	26 Turkey soft tacos DF Rice GF DF V Black Beans GF DF V Fruit GF DF V	27 Spaghetti & Meatballs Garlic Bread V Green Peas GF DF V Fruit GF DF V	28 BBQ Chicken DF E Cornbread V E Ranch Beans GF DF V Fruit GF DF V	29 PIZZA