

January 2024 BGCNW Menu



Happy New Year!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 % Milk Daily	1 Club Closed	2 Welcome Back! CN Beef & Cheese Burritos. Guacamole. Salsa. WGR Roll. Pears.	3 Brown Rice Chinese Chicken & Veggie Stir- Fry. Red Bell Peppers. Zucchini. Onions. Oranges.	4 WW Mac & Cheese. Chopped Veg & Chickpea Salad with Italian Dressing. Apples.	5 CN Chicken Tenders. Red Bell Peppers & Ranch Dip. Tater Tots. WW Rolls. Plums.	6
7	8 All-Beef Hot Dogs. WW Rolls. Celery Sticks & Ranch Dressing. Baked Sweet Potato Fries. Blueberries.	9 CN Chicken Tenders. Carrots & Ranch Dip. Oven-Baked Fries. WW Rolls. Blueberries.	10 CN Taco Quesadillas. Zucchini- Cabbage-Carrot Cole Slaw. Clementines.	11 Beef Stew. Tomatoes. Potatoes. Carrots. Noodles. Strawberries.	12 Chicken Parm WW Heroes. Caesar Salad. Grapes. Yogurt Pops.	13
14	15 Club Closed	16 Chicken Noodle Soup with Carrots. Roasted Butternut Squash. WW Roll. Oranges.	17 CN Taco Quesadillas. Avocado- Tomato- Cucumber Salad. Mangoes. Blueberry	18 Hamburgers on WW Buns. Lettuce. Tomato. Ketchup. Pears.	19 CN Mozzarella Sticks. Marinara Dipping Sauce. Chopped Veggie Salad with Chickpeas. WW Roll.	20
21	22 Turkey Burgers on WW Rolls. Oven-Baked Fries. Chopped Veggie Salad. Pears.	23 Ham & Cheese on WW Wraps. Lettuce. Tomatoes. Tater Tots. Grapes.	24 All-Beef Hot Dogs. WW Rolls. Red Pepper Sticks & Ranch Dressing. Blueberries. Brownies.	25 Tuscan Tomato Soup. Grilled Cheese Sammies on WW Bread. Plums.	26 BBQ Chicken Wings. WW Shells with Peas & Carrots. Apples. Oatmeal Cookies.	27
28	29 Chicken Parm WW Heroes. Caesar Salad. Grapes. Yogurt Sticks.	30 Lemon Chicken & Rice Soup. Spinach Salad with Italian Dressing. WW Bread. Strawberries.	31 CN Taco Quesadillas. Avocado- Tomato- Cucumber Salad. Mangoes.			

