

# MEALS2GO MENU

## JANUARY, 2021



MON	TUE	WED	THU	FRI
<p><b>4</b></p> <p><b>Pick-Up Meals for Jan 5th Today</b></p>	<p><b>5</b></p> <p><b>A:</b> Tillamook Cheeseburger <b>B:</b> Black Bean Burger</p>	<p><b>6</b></p> <p><b>A:</b> Chicken &amp; Waffles w/ Syrup <b>B:</b> Colby Cheese Omelet &amp; Waffles w/ Syrup</p>	<p><b>7</b></p> <p><b>A:</b> Beef &amp; Cheese Burrito <b>B:</b> Power Bean Chili w/ Cheese Cornbread</p>	<p><b>8</b></p> <p><b>A:</b> Mandarin Orange Chicken w/ Brown Rice <b>B:</b> Cheese Calzone</p>
<p><b>11</b></p> <p><b>A:</b> Chicken Tenders <b>B:</b> Vegetarian Nuggets both w/ Baked Fries &amp; Wheat Roll</p>	<p><b>12</b></p> <p><b>A:</b> All-Beef Hot Dog <b>B:</b> Bean &amp; Cheese Burrito</p>	<p><b>13</b></p> <p><b>A&amp;B:</b> Tomato Soup w/ Garlic Cheese Toast</p> <p> Did you know? <b>January is National Soup Month!</b></p>	<p><b>14</b></p> <p><b>A:</b> Chicken Alfredo w/ Pasta <b>B:</b> Hummus w/ Flatbread &amp; Rstd Sunflower Seeds</p>	<p><b>15</b></p> <p><b>A:</b> Pepperoni Pizza (Pork &amp; Beef) <b>B:</b> Cheese Pizza</p>
<p><b>18</b></p> <p><b>Martin Luther King Jr. Day Holiday</b> <u>No Meal Pick-Up Today.</u> (Jan 19 menu to be picked up on Fri, Jan 15).</p>	<p><b>19</b></p> <p><b>A&amp;B:</b> Cheddar Cheese Omelet, French Toast w/ Syrup</p>	<p><b>20</b></p> <p><b>A:</b> Tillamook Cheeseburger <b>B:</b> Black Bean Burger</p>	<p><b>21</b></p> <p><b>A:</b> Oven-Fried Chicken <b>B:</b> Veg. Nuggets both w/ Potato Gratin &amp; President Crackers</p>	<p><b>22</b></p> <p><b>A:</b> General Tso's Chicken w/ Brown Rice <b>B:</b> Mac &amp; Cheese w/ Wheat Roll</p>
<p><b>25</b></p> <p><b>A:</b> Roasted Chicken Leg &amp; Baby Potatoes <b>B:</b> Power Bean Chili both w/ Cheese Cornbread</p>	<p><b>26</b></p> <p><b>A:</b> Italian Meatballs &amp; Pasta <b>B:</b> Sunbutter &amp; Jelly Sandwich w/ String Cheese</p>	<p><b>27</b></p> <p>Burrito Bowl w/ Spanish Rice &amp; Roasted Veggies <b>A:</b> Seasoned Beef <b>B:</b> Black Beans both w/ cheese topping</p>	<p><b>28</b></p> <p><b>A:</b> BBQ Pulled Pork Sandwich <b>B:</b> Cheese-stuffed Breadsticks</p>	<p><b>29</b></p> <p><b>Professional Development Day</b> <u>No Meal Pick-Up Today.</u> (Feb 1 menu to be picked up on Thu, Jan 28).</p>

**Feb 1**

**A&B:** Bake-at-Home Cheese Pizza Slice  
(Feb 1 menu to be picked up on Thu, Jan 28).

**MENU NOTES:**

- Entrees are **reheat-ready** and kept cold. Please keep refrigerated after you pick up your meals.
- For entrees you pick up on Jan 15 and Jan 28 (for consumption after the three-day weekend), keep in freezer after you pick up meals.
- Lunch includes milk, fruit and vegetables.

**Meal pick-up is on the day before the menu date.**  
(i.e. Jan 5 menu to be picked up in the afternoon on Jan 4.)

### ROTATING BREAKFAST Breakfast includes fruit and milk.

**M**

Assorted Cereals

**Tu**

Whole Wheat Bagel w/ Cream Cheese

**W**

Assorted Cereals

**Th**

Belgian Liege Waffle

**F**

Yogurt & Cinnamon Granola