



Garrett County Lighthouse, Inc.'s menu - January 2023

Tuesday, January 3, 2023

Breakfast: WG Pancakes/Sausage/Fruit/Milk

Lunch: Chicken Sandwich w/Lettuce/Carrots/Apple Sauce/Milk

Wednesday, January 4, 2023

Breakfast: Sausage, Egg & Cheese Biscuit/Juice/Milk

Lunch: Meatball Sub/ Tater Tots/Peaches/Milk

Monday, January 9, 2023 **Birthday Celebration**

Breakfast: Oatmeal/Juice/Milk

Lunch: Sauerkraut/Kielbasa/Mashed Potatoes/Brussel Sprouts/WG Roll/Milk

Tuesday, January 10, 2023 **Birthday Celebration**

Breakfast: WG Waffles/Sausage/Fruit/Milk

Lunch: Sauerkraut/Kielbasa/Mashed Potatoes/Broccoli/WG Roll/Milk

Wednesday, January 11, 2023 **Birthday Celebration**

Breakfast: WG Cereal/Juice/Milk

Lunch: Sauerkraut/Kielbasa/Mashed Potatoes/Carrots/WG Roll/Milk

Monday, January 16, 2023

Breakfast: Scrambled Eggs/Sausage/WG Biscuit/Juice/Milk

Lunch: Fried Chicken/Brussel Sprouts/Apple Sauce/WG Roll/Milk

Tuesday, January 17, 2023

Breakfast: WG Pancakes/Fruit/Milk

Lunch: Pot Roast/Mashed Potatoes/Gravy/Peaches/Milk

Wednesday, January 18, 2023

Breakfast: Oatmeal/Juice/Milk

Lunch: Chef Salad/Beets/Apple Sauce/WG Roll/Milk

Monday, January 23, 2023

Breakfast: WG Waffles/Sausage/Fruit/Milk

Lunch: Chicken Sandwich w/Lettuce/French Fries/Pineapple/Milk

Tuesday, January 24, 2023

Breakfast: Cereal/Juice/Milk

Lunch: Hot Dog/Tater Tots/Baked Beans/Peaches/Milk

Wednesday, January 25, 2023

Breakfast: WG French Toast Sticks/Sausage/Fruit/Milk

Lunch: Sloppy Joe/French Fries/Broccoli/Pineapple/Milk

Monday, January 30, 2023

Breakfast: WG Pancakes/Sausage/Juice/Milk

Lunch: Fried Chicken/California Mix/WG Roll/Apple Sauce/Milk

Tuesday, January 31, 2023

Breakfast: WG Waffles/Fruit/Milk

Lunch: Fish/French Fries/Green Beans/Peaches/Milk

**WG—Whole Grain



****Menu subject to change without notice.****