


JANUARY  THE KITCHEN AT BILLINGS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2	Turkey BLT 540 Cal	3	Italian Sausage 600 Cal	4	Beef Nachos 760 Cal	5	Crispy Catfish 340 Cal
8	Chicken Cobb Salad 480 Cal	9	Bratwurst Sandwich 530 Cal Potato Salad 170 Cal	10	Sriracha Grilled Chicken Sandwich 210 Cal	11	Beef Nachos 760 Cal	12	Crispy Catfish 340 Cal
15	Southwest Shrimp Salad 400 Cal	16	Vegetable Fried Rice 260 Cal Vegetable Egg Roll 190 Cal Asian Slaw 20 Cal	17	Buffalo Crispy Chicken Sandwich 670 Cal	18	Beef Nachos 760 Cal	19	Crispy Catfish 340 Cal
22	Tater Tot Bar Baked Potato Bar 660 Cal	23	Turkey BLT 540 Cal	24	Italian Sausage 600 Cal	25	Beef Nachos 760 Cal	26	Crispy Catfish 340 Cal
29	Chicken Cobb Salad 480 Cal	30	Bratwurst Sandwich 530 Cal Potato Salad 170 Cal	31	Sriracha Grilled Chicken Sandwich 210 Cal	1	Beef Nachos 760 Cal	2	Crispy Catfish 340 Cal