

January 2023



December '22							February '23							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3					1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11	
11	12	13	14	15	16	17	12	13	14	15	16	17	18	
18	19	20	21	22	23	24	19	20	21	22	23	24	25	
25	26	27	28	29	30	31	26	27	28					

BOXED DINNER

Ph.# 573-886-7554

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 MOW Office Closed	3 TURKEY/CHEESE SAND. LETTUCE/MAYO LETT. SALAD/DRESSING COTTAGE CHEESE FRUIT CUP DRINK	4 PB&J SAND. FRESH VEGETABLES PRETZELS COOKIE DRINK	5 CHICKN SLD/CRACKERS PASTA SALAD FRUIT CAKE DRINK	6 HAM/CHEESE SAND. MAC. SALAD APPLESAUCE YOGURT DRINK	7
8	9 EGG SALAD/CRACKERS LETT. SALAD/DRESSING CHIPS FRUIT DRINK	10 ROAST BEEF/CHEESE LETTUCE/MAYO POTATO SALAD APPLESAUCE COOKIE DRINK	11 TUNA SALAD/CRACKERS YOGURT FRESH VEGETABLES FRUIT DRINK	12 TURKEY/CHEESE SAND. LETTUCE/MAYO LETT. SALAD/DRESSING COTTAGE CHEESE FRUIT CUP DRINK	13 PB&J SAND. FRESH VEGETABLES PRETZELS COOKIE DRINK	14
15	16 CHICKN SLD/CRACKERS PASTA SALAD FRUIT CAKE DRINK	17 HAM/CHEESE SAND. MAC. SALAD APPLESAUCE YOGURT DRINK	18 EGG SALAD/CRACKERS LETT. SALAD/DRESSING CHIPS FRUIT DRINK	19 ROAST BEEF/CHEESE LETTUCE/MAYO POTATO SALAD APPLESAUCE COOKIE DRINK	20 TUNA SALAD/CRACKERS YOGURT FRESH VEGETABLES FRUIT DRINK	21
22	23 TURKEY/CHEESE SAND. LETTUCE/MAYO LETT. SALAD/DRESSING COTTAGE CHEESE FRUIT CUP DRINK	24 PB&J SAND. FRESH VEGETABLES PRETZELS COOKIE DRINK	25 CHICKN SLD/CRACKERS PASTA SALAD FRUIT CAKE DRINK	26 HAM/CHEESE SAND. MAC. SALAD APPLESAUCE YOGURT DRINK	27 EGG SALAD/CRACKERS LETT. SALAD/DRESSING CHIPS FRUIT DRINK	28
29	30 ROAST BEEF/CHEESE LETTUCE/MAYO POTATO SALAD APPLESAUCE COOKIE DRINK	31 TUNA SALAD/CRACKERS YOGURT FRESH VEGETABLES FRUIT DRINK	1	2	3	4
1	2					