



## JANUARY LUNCH MENU

---

DATE	MENU ITEM: All meals provided are served with a seasonal fruit
Tues - 1/1	NO SCHOOL
Wed - 1/2	Breaded fish sticks with seasonal vegetables and tartar sauce
Thurs - 1/3	Macaroni and cheese served with tomato and cucumber salad
Fri - 1/4	Pizza Friday served with salad
Mon - 1/7	Turkey sandwich with chips and hummus with sliced vegetables for dipping
Tues - 1/8	Pasta alfredo with broccoli
Wed - 1/9	Chicken and vegetable stir fry with brown rice
Thurs - 1/10	Baked potato with salsa, beans, guacamole, and salad
Fri - 1/11	Veggie burgers with lettuce and tomato and a side of french fries
Mon - 1/14	Scrambled eggs and yogurt bar with fresh fruit and granola
Tues - 1/15	Minestrone soup with French bread
Wed - 1/16	Grilled chicken schnitzel with assorted roasted vegetables
Thur - 1/17	Cheese quesadilla served with beans, rice, and sliced avocado
Fri - 1/18	Pizza Friday served with salad
Mon - 1/21	NO SCHOOL - Martin Luther King Day
Tues - 1/22	Cheese ravioli served with marinara or butter sauce and salad
Wed - 1/23	Chicken soup with French bread
Thur - 1/24	Taco Bar - make your own vegetarian taco with a side of corn
Fri - 1/25	Choice of avocado, cucumber, and carrot maki served with edamame
Mon - 1/ 28	BRING YOUR OWN LUNCH
Tue - 1/29	BRING YOUR OWN LUNCH
Wed - 1/30	Chicken tenders with sweet potato fries and carrots
Thurs - 1/31	Vegetarian chilli served with sour cream, cheese, and corn muffins



