



Lunch – January, 2019

	1/1 ***** CLOSED FOR NEW YEARS DAY HOLIDAY *****	1 /2 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	1/3 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	1 /4 *Lasagna Tossed salad Fresh fruit
1/7 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	1/8 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	1/9 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	1/10 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	1/11 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
1/14 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	1/15 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	1/16 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	1/17 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	1/18 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
1/21 ***** CLOSED FOR MARTIN LUTHER KING JR DAY *****	1/22 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	1/23 +*Whole grain pizza Garden salad Fresh fruit	1/24 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	1/25 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
1/28 Chicken Alfredo with tri-color pasta Salad Fresh fruit	1/29 *Quiche Peas +Whole wheat bread/butter Fresh fruit	1/30 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	1/31 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	

*Vegetarian meal
+Whole grain