



Breakfast & Snack - January, 2018



<p>1/1 ***** CLOSED FOR NEW YEAR'S DAY HOLIDAY *****</p>	<p>1/2 Wheat bagel w/cream cheese Fresh fruit ----- Vanilla yogurt with Granola</p>	<p>1/3 Oatmeal-peach Crisp ----- Soft breadsticks Cheese cubes</p>	<p>1/4 Rice Crispies Fresh fruit ----- Whole wheat pita pizza with Cheese</p>	<p>1/5 Cheerios Fresh fruit ----- Soft pretzel Applesauce</p>
<p>1/8 Rice Chex Fresh fruit ----- Graham cracker Diced peaches</p>	<p>1/9 Cinnamon bagel w/butter Fresh fruit ----- Saltines Strawberry/banana yogurt</p>	<p>1/10 Oatmeal-apple Crisp ----- Whole wheat pita bread Hummus</p>	<p>1/11 Bran muffin Fresh fruit ----- Diced pears Cereal snack mix</p>	<p>1/12 Kix Fresh fruit ----- Flatbread Sliced cheddar</p>
<p>1/15 ***** CLOSED FOR MLK JR'S BIRTHDAY HOLIDAY *****</p>	<p>1/16 Wheat bagel w/cream cheese Fresh fruit ----- Vanilla yogurt with Granola</p>	<p>1/17 Oatmeal-peach Crisp ----- Soft breadsticks Cheese cubes</p>	<p>1/18 Rice Crispies Fresh fruit ----- Whole wheat pita pizza with Cheese</p>	<p>1/19 Cheerios Fresh fruit ----- Soft pretzel Applesauce</p>
<p>1/22 Rice Chex Fresh fruit ----- Graham cracker Diced peaches</p>	<p>1/23 Cinnamon bagel w/butter Fresh fruit ----- Saltines Cherry vanilla yogurt</p>	<p>1/24 Oatmeal-apple Crisp ----- Whole wheat pita bread Hummus</p>	<p>1/25 Bran muffin Fresh fruit ----- Diced pears Cereal snack mix</p>	<p>1/26 Kix Fresh fruit ----- Flatbread Sliced cheddar</p>
<p>1/29 40% Bran flakes Fresh fruit ----- Wheat thins String cheese</p>	<p>1/30 Wheat bagel w/cream cheese Fresh fruit ----- Vanilla yogurt with Granola</p>	<p>1/31 Oatmeal-peach Crisp ----- Soft breadsticks Cheese cubes</p>		




Lunch – January, 2018

<p>1/1 ***** CLOSED FOR NEW YEAR'S DAY HOLIDAY *****</p>	<p>1/2 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit</p>	<p>1/3 *Pizza Garden salad Fresh fruit</p>	<p>1/4 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p>1/5 *Beans & Rice Tossed salad Tortilla Fresh fruit</p>
<p>1/8 Pasta w/chicken sausage & butternut sauce Salad Fresh fruit</p>	<p>1/9 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>1/10 Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>1/11 Ranch style chicken leg Zucchini & yellow squash Wheat bread/butter Fresh fruit</p>	<p>1/12 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>1/15 ***** CLOSED FOR MLK JR. BIRTHDAY HOLIDAY *****</p>	<p>1/16 Chicken & tarragon w/whole wheat rotini Broccoli & cheese salad Fresh fruit</p>	<p>1/17 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>1/18 Black bean, corn, & chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>1/19 *Lasagna Tossed salad Fresh fruit</p>
<p>1/22 Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>1/23 Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit</p>	<p>1/24 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>1/25 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>1/26 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>1/29 Turkey sloppy joe Corn & edamame Roll Fresh fruit</p>	<p>1/30 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>1/31 Shepherd's Pie Pineapple/mango-cole slaw Whole wheat bread/butter Fresh fruit</p>	<p><i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i></p>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>

*Vegetarian meal



Vegetarian Lunch – January, 2018

<p>1/1 ***** CLOSED FOR NEW YEAR'S DAY HOLIDAY *****</p>	<p>1/2 Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit</p>	<p>1/3 *Pizza Garden salad Fresh fruit</p>	<p>1/4 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p>1/5 *Beans & Rice Tossed salad Tortilla Fresh fruit</p>
<p>1/8 Broccoli & cheddar quinoa w/ brown rice Salad Fresh fruit</p>	<p>1/9 Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>1/10 Spaghetti & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit</p>	<p>1/11 Chix patty Zucchini & yellow squash Whole wheat bread/butter Fresh fruit</p>	<p>1/12 Black bean and brown rice burrito w/ whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>1/15 ***** CLOSED FOR MLK JR. BIRTHDAY HOLIDAY *****</p>	<p>1/16 Chicken & tarragon w/pasta salad w/ avocado, pesto and egg Southwest salad Fresh fruit</p>	<p>1/17 Vegetarian dirty rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit</p>	<p>1/18 Black bean, corn, & cheese quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>1/19 *Lasagna Tossed salad Fresh fruit</p>
<p>1/22 Teriyaki patty Grated cheese Vegetable salad Fresh fruit</p>	<p>1/23 Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit</p>	<p>1/24 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>1/25 Gardenburger Bean medley Roll Fresh fruit</p>	<p>1/26 Quinoa, couscous, and parmesan California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>1/29 Vegetarian sloppy joe Corn & edamame Roll Fresh fruit</p>	<p>1/30 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>1/31 Picadillo Pineapple/Mango cole slaw Whole wheat bread/butter Fresh fruit</p>	<p><i>Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i></p>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with Vegetarian Lunch</p>

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