

January Lunch Menu



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 milk must be served with lunch

1/1

 CLOSED FOR NEW YEARS DAY
 HOLIDAY

1/2
 +Dirty brown rice with beef, veg-
 etables, 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 grain pizza
 Garden salad
 Fresh fruit

1/23
 Chicken patty
 Tuscan bean and garlic soup
 + Whole wheat roll
 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

January Vegetarian Menu



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	1/1 ***** CLOSED FOR NEW YEARS DAY HOLIDAY *****	1/2 +Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	1/3 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	1/4 Lasagna Tossed salad Fresh fruit
1/7 Teriyaki patty Grated cheese Tossed salad Fresh fruit	1/8 Vegetarian 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 Gardenburger Bean medley +Whole wheat roll Fresh fruit	1/11 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
1/14 Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	1/15 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	1/16 Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	1/17 Lo Mein w/scrambled egg & Oriental vegetables +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 pizza Garden salad Fresh fruit	1/23 Veggie nuggets Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	1/24 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	1/25 +Beans & Brown rice Tossed salad Tortilla Fresh fruit
1/28 +Broccoli & cheddar quinoa w/ brown rice Salad Fresh fruit	1/29 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit	1/30 +Spaghetti & tomato sauce w/soy Grated cheese Spinach salad Fresh fruit	1/31 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	+Whole grain # Entrée is Gluten Free ^ Entrée is Vegan

January Breakfast/Afternoon Snack Menu

<p>~This menu is designed for children age 12+ months</p> <p>+ Whole grain</p>	<p>1/1 ***** CLOSED FOR NEW YEARS DAY HOLIDAY *****</p>	<p>1/2 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>1/3 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>1/4 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>
<p>1/7 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>1/8 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p>1/9 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>1/10 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>1/11 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices</p>
<p>1/14 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>1/15 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>1/16 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>1/17 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>1/18 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>1/21 ***** CLOSED FOR MARTIN LU- THER KING JR DAY *****</p>	<p>1/22 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>1/23 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p>1/24 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>1/25 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>
<p>1/28 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>1/29 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>1/30 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>1/31 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<div data-bbox="1671 1284 1785 1395" data-label="Image"> </div> <p>Visit us at www.goodfoodco.com Age appro- priate milk must be served with lunch</p>