

DECEMBER 17 - JANUARY 11

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Gloves have been around since ancient times. They were popular and served as a protection of the hands in Old Egypt. The Pharaohs wore them as a symbol of their high position and women wore them to protect the beauty of their hands. First gloves were simply pockets without holes for fingers, then they evolved to include one thumb, like modern day mittens. In colder climates, gloves and mittens are a necessity for warmth. Mittens are warmer than gloves because fingers produce and hold heat better when grouped together in a single space. The oldest existing mitten is a knitted one from Latvia that is more than 1000 years old!



Salad Bar and Fresh Fruit are always available for Lunch/Brunch/Dinner

The "Healthier" ■ indication on Entrees means < 350 cal, < 5 g sat. fat, on Soup, Salad, Sides means < 250 cal, < 5 g fat, on Baked Goods means < 230 cal, < 5 g fat

Vegetarian Option ▼
Low Fat Option ♥
Healthier Option ■

Dec 17

Spring Vegetable Soup ♥▼
Soup du Jour
Minestrone Salad ■▼

Egg Salad ■▼
Arugula, Roasted Tomato and Parmesan Salad ■▼

Spaghetti Pasta
Chunky Tomato Marinara
Bolognese Meat Sauce

Roasted Brussel Sprouts with Caramelized Onions

Garlic Breadsticks

18

Soup du Jour ▼
Shrimp Bisque
Marinated Cucumbers ▼

Lebanese Lemon Parsley Bean Salad ▼
Field Salad ■▼

Pizza Bar
Pepperoni Pizza ▼
Cheese Pizza ▼
Italian Cobb Salad Platter

Roasted Broccoli ■
Farmer's Market Vegetable ■

M&M Cookies

19

Creamy Potato Soup ■▼
Soup du Jour
Brussel Sprout Salad w/Cranberries ■▼

Quinoa & Edamame Salad ■▼
Strawberry & Goat Cheese Salad ■▼

Stir Fry Bar
Teriyaki Chicken & Vegetable Stir Fry
Stir Fry Shiitake Vegetables

Stir Fried Rice
Roasted Autumn Vegetables ■
Farmer's Market Vegetable ■

20

Soup du Jour ▼
Soup du Jour
Broccoli Raisin Salad ▼

Southern Style Chicken Salad ■
Great Green Salad ■▼

Holiday Feast
Roasted Chicken with Gravy

Garlic Mashed Potatoes
Wild Rice Casserole
Cranberry Relish
Sauteed Fresh Green Beans ■
Farmer's Market Vegetable ■

Cornbread

21

Chef's Choice

24

25

26

27

28

Happy

31

Jan 1

2

3

4

Holidays!!!

7

Soup du Jour ▼
Celery Apple Salad ■▼

Balsamic Bean Salad ♥▼
Greens, Feta, Olives & Mint Vinaigrette ■▼

Happy New Year!
Rosemary and Apple Braised Pork Loin
Hoppin' John
Honey and Garlic Roasted Chicken Thighs

Steamed Green Beans

8

Blended Zucchini & Basil Soup ♥▼
Soup du Jour
Corn & Pepper Salad ■▼

Egg Salad ■▼
Field Greens w/Avocado & Sunflower Seeds

Burritos & Bowls
Pork Carnitas
Warm Tortillas & Chips
Vegan Spicy Pinto Beans ♥▼
Cilantro Lime Shredded Chicken Breast ■
Chopped Romaine

Spanish Rice ■▼
Herb Roasted Carrots ■
Farmer's Market Vegetable ■
Frosted Cake

9

Soup du Jour ▼
Hot & Sour Chicken Soup
Marinated Artichoke Salad ■▼

Seafood Salad ■
Cranberry Pear Salad ▼

Ramen Noodle Bar
Spicy Chicken Ramen ■
Ginger Tofu Ramen ■▼
Szechuan Shrimp & Broccoli Stir Fry ■

Steamed Basmati Rice ▼
Roasted Fresh Vegetables ■
Farmer's Market Vegetable ■

10

Broccoli Soup ▼
Soup du Jour
Roasted Vegetable and Israeli Couscous Salad ■▼

Chicken Salad ■

BBQ Bar
Jalapeno Mango BBQ Pork Sandwich
Carolina Red & Gold Sauces ▼
Mesquite BBQ Shredded Tofu Sandwich ■▼
Smoked Chicken BBQ Sandwich

Sea Salt & Pepper Roasted Potatoes ■▼
Sauteed Cauliflower w/Lemon ■
Farmer's Market Vegetable ■

11

Chef's Choice

Menu subject to change

Holton Arms School Menu