



JANUARY 2020 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CHRISTMAS BREAK SCHOOL CLOSED	2 CHRISTMAS BREAK SCHOOL CLOSED	3 CHRISTMAS BREAK SCHOOL CLOSED
6 Teacher's Work Day SCHOOL CLOSED	7 Buttered Spaghetti - G,D Veggie Marinara Sauce Steamed Broccoli / Garlic Bread-D,G Chocolate Chip Cookie-D,G,E Parmesan	8 100% Beef Burger-GL French Fries Carrot Stick Chocolate Chip Cookie-D,G,E Ketchup, Mustard, Relish, Tomato	9 Pancakes- G,D,SY,E Sausage, Home Fries Chicken Noodle Soup - G Chocolate Chip Cookie-D,G,E Maple Syrup	10 Baked Chicken Tender- G, SY French Fries Carrot Stick Chocolate Chip Cookie-D,G,E Ketchup, Honey Mustard, BBQ Sauce
13 Soft Taco-G Sauteed Corn - D Yellow Rice-D Chocolate Chip Cookie-D,G,E Guacamole, Sour Cream, Salsa	14 3 Cheese Ravioli- D,G,E Garlic Bread- D,G Broccoli Chocolate Chip Cookie-D,G,E Olive Oil, Butter, Parmesan Cheese	15 Texas Toast Grilled Cheese-D,G Tomato Soup-D Tater Tots Chocolate Chip Cookie-D,G,E Ketchup	16 Baked Chicken Wings Celery & Carrot Sticks/ Tater Tots Chocolate Chip Cookie-D,G,E Blue Cheese, BBQ, Honey Mustard Ranch, Thai Chili	17 New York Cheese or Pepperoni or Bacon Pizza-D, GL Steamed Broccoli Chocolate Chip Cookie-GL,D,E Parmesan, Pesto
20 Martin Luther King Jr Day SCHOOL CLOSED	21 Pasta w/Bolognese-GL,D Garlic Bread-G,D Steamed Broccoli Chocolate Chip Cookie-D,G,E Parmesan	22 Chicken Gyro- D,G Basmati Rice- D Grilled Asparagus Chocolate Chip Cookie-D,G,E Tzatziki, Tomato, Feta, Onion	23 Meatball Grinder - D,G W/Marinara Sauce, French Fries Zucchini & Parmesan Soup - D Steamed Broccoli Ranch, Thai Chili *** NEW ITEM ***	24 100% Beef Burger-GL French Fries Carrot Stick Chocolate Chip Cookie-D,G,E Ketchup, Mustard, Relish
27 Breaded Chicken Sandwich-G,D,E Macaroni & Cheese - D,G Green Beans -D Chocolate Chip Cookie-D,G,E Ketchup, Mustard, Relish	28 Cheese Tortellini w/Cheese Sauce-D,G Grilled Chicken/Garlic Bread Sauteed Green Peas - D Chocolate Chip Cookie-D,G,E Olive Oil, Butter, Parmesan	29 Philly Cheesesteak- D,G French Fries Sauteed Zucchini Chocolate Chip Cookie-D,G,E Cheddar Sauce, Ketchup	30 Chicken Quesadilla-GL,D Yellow Rice-D/Sauteed Corn-D Black Bean Salad Chocolate Chip Cookie-D,G,E Guacamole, Sour Cream, Salsa	31 New York Cheese or Pepperoni or Bacon Pizza-D, GL Steamed Broccoli Chocolate Chip Cookie-GL,D,E Parmesan, Pesto

* All lunch prepared fresh daily *

* Salad Bar with 18 Ingredients, 2 Lettuce Choice and 6 Dressings

* Soup available on certain days *

* Chocolate Chip Cookies available everyday
* Apple Juice, Regular and Chocolate Milk included with lunch.
* Fresh Fruit Available Daily

Bread, Pizza, Pancakes, Pasta
*Allergens: Soy -SY, Gluten - GL,
Dairy - D, Eggs - E, Shellfish - SF,
Corn - C