



## JANUARY LUNCH MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
03	04	05	06	07
Faculty Work Day	Chow Mein Chicken or Vegetarian Seasonal Vegetable	Quesadilla Turkey or Cheese Mexican Rice Salad Crudité	Herb Roasted Chicken or Tofu Pasta Seasonal Vegetable	Meatloaf or Veggie Loaf Mash Potatoes Salad
10	11	12	13	14
Mac & Cheese with or without Bacon Seasonal Vegetable	Coconut Curry Chicken or Chickpea Rice Roasted Cauliflower	Hot Dog Beef or Veggie Dog Roasted Potatoes Seasonal Vegetable	Oven Baked Chicken Tenders or Tofu Pasta Seasonal Vegetable	Burrito Chicken or Bean & Cheese Seasonal Vegetable
17	18	19	20	21
Martin Luther King Jr. Day	Pasta Bolognese or Marinara Salad Crudité	Enchilada Casserole Turkey or Vegetarian Mexican Rice	Grilled Ham & Cheese or Cheese Salad Crudité	Masala Butter Chicken or Lentil Rice Seasonal Vegetable
24	25	26	27	28
Baked Pasta Turkey + Cheddar Chili or Black Bean + Cheddar Chili Salad Crudité	Burger Beef or Vegetarian Roasted Potatoes Salad Crudité	Fried Rice Roasted Pork or Vegetarian Seasonal Vegetable	BBQ Chicken Wings or Veggie Patty Corn Bread Salad Crudité	Cacciatore Chicken or Italian Bean Ragout Pasta Seasonal Vegetable

### Lunch will include:

Organic 1% Milk cartons, Seasonal/Organic Fruit

Alternative choice in place of hot main entrée:

Sandwiches: Sunbutter & Jelly or Turkey on whole wheat

*Our ingredients are sourced from organic, local, and sustainable producers whenever possible.  
Proteins are grass-fed beef, Zoe's Meats, Mary's Chickens, and Dairy from Clover & Strauss*

**Vegetarian, Gluten-Free and Dairy-Free options are always available**