



Wednesday lunch includes a house cookie. Lunch includes water. \$8.95

	Monday, January 02, 2023	Tuesday, January 03, 2023	Wednesday, January 04, 2023	Thursday, January 05, 2023	Friday, January 06, 2023
Lunch Menu	NO SCHOOL	Grass Fed Beef Cheeseburger, Ratto Farms JoJo Potatoes	Organic Mac & Cheese w/ Crispy Bacon, Seasonal Veggies and Garlic Bread	Herb Roasted Free Range Chicken, Garlic Mashed Potatoes and Seasonal Vegetables	Carnitas Bowl, Spanish Rice, Rancho Beans, Shredded Cheese and Pico De Gallo
Lunch Menu (Veg)		Black Bean Burger w/ Cheddar Cheese, Ratto Farms JoJo Potatoes	Organic Mac & Cheese, Seasonal Veggies and Garlic Bread	Herb Roasted Portobello Mushroom, Garlic Mashed Potatoes and Seasonal Vegetables	Grilled Tofu Bowl, Spanish Rice, Rancho Beans, Shredded Cheese and Pico De Gallo
Salad/Sandwich		Southwestern Chicken Salad w/ Black Beans, Roasted Corn, Cherry Tomatoes, Tortilla Strips w/ Chipotle Ranch Dressing	Roasted Turkey Sandwich/ Provolone Cheese, Lettuce and Tomato on a French Roll Served w/ Kettle Chips	Classic Chicken Caesar Salad w/ Baguette and Butter	Classic Grilled Ham and Cheese Sandwich Served w/ Potato Wedges
	Monday, January 09, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Lunch Menu	Chicken Marsala w/ Rice Pilaf and Seasonal Vegetables	Spiced Rubbed Steak w/ Roasted Red Potatoes and Garlic Squash	Cheese Tortellini w/ Chicken in a Creamy Pesto Sauce w/ Seasonal Vegetable and Cheese Bread	BBQ Pulled Pork w/ Steamed White Rice, Green Beans w/ Carrots	Marinated Grilled Chicken w/ Spanish Rice, Rancho Beans w/ Salsa Fresca
Lunch Menu (Veg)	Tofu Marsala w/ Rice Pilaf and Seasonal Vegetables	Napoleon Stack w/ Roasted Red Potatoes and Garlic Squash	Cheese Tortellini in a Creamy Pesto Sauce w/ Seasonal Vegetable and Cheese Bread	BBQ Roasted Butternut Squash w/ Steamed White Rice and Green Beans w/ Carrots	Grilled Marinated Tofu w/ Spanish Rice, Rancho Beans w/ Salsa Fresca
Salad/Sandwich	Buffalo Chicken Wrap w/ Romaine Lettuce, Shredded Carrots, Tomatoes and Buffalo Sauce Wrapped in a Flour	Cobb Salad w/ Chicken, Bacon, Tomato, Hard Boiled Egg, Avocado, Blue Cheese Crumbles w/ Ranch Dressing	Chicken Caprese Sandwich w/ Chicken, Fresh Mozzarella, Tomato, Basil and Pesto Sauce on a French Roll Served w/ Pasta Salad	Chicken and Strawberry Salad, Chicken, Strawberries, Carrots, Cucumbers, Cherry Tomatoes on Mixed Greens w/ a Strawberry Vinaigrette	Meatball Sub w/ Marinara, Provolone Cheese on a Roll Served w/ Kettle Chips
	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Lunch Menu	NO SCHOOL	Pepperoni Pizza, Fresh Fruit Salad	Chicken Lemon w/ White Rice, Steamed Broccoli w/ Carrots	Penne Pasta w/ Bolognese Sauce Served w/ Seasonal Vegetables and Cheesy Bread	Chicken Quesadilla w/ Cilantro Rice, Rancho Beans and Pico De Gallo
Lunch Menu (Veg)		Cheese Pizza, Fresh Fruit Salad	Tofu Lemon w/ White Rice, Steamed Broccoli w/ Carrots	Penne Pasta w/ Marinara Sauce Served w/ Seasonal Vegetables and Cheesy Bread	Cheese and Veggie Quesadilla w/ Cilantro Rice, Rancho Beans and Pico De Gallo
Salad/Sandwich		California Chicken Sandwich w/ Bacon, Avocado, Chicken and Jack Cheese on a French Roll w/ Fruit Salad	Ground Beef Taco Salad w/ Romaine Lettuce, Cherry Tomatoes, Black Beans, Shredded Cheese and Sour Cream	Turkey and Swiss Cheese Sandwich Served w/ Kettle Chips	Steak Bruschetta Salad w/ Baguette and Butter
	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Lunch Menu	Butter Chicken, Jasmine Rice, Roasted Cauliflower	Sloppy Joe Burger Served w/ Kettle Chips	Sweet & Sour Pork, Steamed White Rice and Asian Vegetables	Chicken Fajita, Spanish Rice and Black Beans	Meat Loaf, Mashed Potatoes and Seasonal Vegetables
Lunch Menu (Veg)	Paneer, Jasmine Rice, Roasted Cauliflower	Grilled Portobello Burger Served w/ Kettle Chips	Sweet & Sour Tofu, Steamed White Rice and Asian Vegetables	Tofu Fajita, Spanish Rice and Black Beans	Quinoa Stuffed Bell Pepper, Mashed Potatoes and Seasonal Vegetables
Salad/Sandwich	Roast Beef w/ Caramelized Onions on a French Roll Served w/ Potato Salad	Chef Salad w/ Baguette and Butter	BLTA Sandwich Served w/ Pasta Salad	Chicken Philly Sandwich Served w/ Kettle Chips	Chicken & Mixed Berry Salad w/ Chicken, Berries, Feta Cheese, Carrots and Cherry Tomatoes w/ a Berry Vinaigrette
	Monday, January 30, 2023	Tuesday, January 31, 2023	Wednesday, February 01, 2023	Thursday, February 02, 2023	Friday, February 03, 2023
Lunch Menu	Chicken Burrito w/ Spanish Rice, Rancho Beans, Cheese and Salsa Fresca	Creamy Ham & Broccoli Pasta Bake Served w/ Vegetables and a Bread Stick			
Lunch Menu (Veg)	Tofu Burrito w/ Spanish Rice, Rancho Beans, Cheese and Salsa Fresca	Creamy Broccoli Pasta Bake Served w/ Vegetables and a Bread Stick			
Salad/Sandwich	Ham & Cheese Sandwich Served w/ Fresh Fruit Salad	Caprese Pasta Salad w/ Chicken Served w/ Baguette and Butter			