



JANUARY LUNCH MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
01	02	03	04	05
Winter Break	Faculty Work Day	Pasta Bolognese or Marinara Seasonal Vegetable	Teriyaki Chicken or Tofu Rice Seasonal Vegetable	Burrito Chicken or Bean & Cheese Seasonal Vegetable
08	09	10	11	12
Mac & Cheese with or without Bacon Seasonal Vegetable	Yakisoba Noodles Chicken or Vegetarian Seasonal Vegetable	Hot Dog Beef or Veggie Roasted Potatoes Seasonal Vegetable	Italian Chicken or Tofu Mash Potato Seasonal Vegetable	Grilled Ham & Cheese or Cheese Seasonal Vegetable
15	16	17	18	19
Martin Luther King Jr. Holiday	Baked Pasta Italian Sausage or Marinara Seasonal Vegetable	Coconut Curry Chicken or Chickpea Rice Roasted Cauliflower	Quesadilla Chicken or Cheese Mexican Rice Seasonal Vegetable	Pizza Cheese or Pepperoni Seasonal Vegetable
22	23	24	25	26
Stroganoff Beef or Vegetarian Pasta Seasonal Vegetable	Filipino Adobo Chicken or Tofu Jasmine Rice Seasonal Vegetable	Burger Beef or Vegetarian Roasted Potatoes Seasonal Vegetable	Baked Potato Chili con Carne or Vegetarian, Cheddar, Sour Cream, Green Onion Seasonal Vegetable	Chile Verde Turkey or Garbanzo Rice Corn Tortilla

Available daily:

Organic Yogurt, Organic Seasonal Fresh Fruit; Chicken Soup and Vegetarian Soup;
Salad Bar with Seasonal Organic Lettuce, Veggies, Seeds, Legumes, Tofu and House-made Chicken Salad, or Tuna Salad
Daily Sandwich with Zoe's Turkey or Ham, and Whole Wheat Bread

*Our ingredients are sourced from organic, local, and sustainable producers whenever possible.
 Proteins are mainly sourced from Grass-fed Beef, Zoe's Meats, Mary's Chicken, and Dairy from Clover & Strauss*

A vegetarian option is always available; Gluten-Free, Dairy-Free and Vegan options are available upon request