



## Lunch – December, 2018

<p>12/3 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>12/4 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>12/5 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>12/6 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>12/7 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>12/10 Turkey sloppy joe Corn &amp; edamame +Whole wheat roll Fresh fruit</p>	<p>12/11 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>12/12 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>12/13 Maryland-style chicken Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>12/14 +*Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>12/17 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>12/18 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>12/19 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit</p>	<p>12/20 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	<p>12/21 *Beans &amp; Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>12/24 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>	<p>12/25 ***** CLOSED FOR CHRISTMAS DAY HOLIDAY *****</p>	<p>12/26 Turkey sloppy joe Peas +Whole wheat roll Fresh fruit</p>	<p>12/27 +Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>12/28 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash +Whole wheat bread/butter Fresh fruit</p>
<p>12/31 Power veggie beef &amp; chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>				

\*Vegetarian meal

+Whole grain



## Lunch – January, 2019

	1/1 ***** CLOSED FOR NEW YEARS DAY HOLIDAY *****	1/2 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	1/3 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	1/4 *Lasagna Tossed salad Fresh fruit
1/7 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	1/8 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	1/9 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	1/10 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	1/11 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
1/14 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	1/15 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	1/16 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	1/17 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	1/18 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
1/21 ***** CLOSED FOR MARTIN LUTHER KING JR DAY *****	1/22 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	1/23 +*Whole grain pizza Garden salad Fresh fruit	1/24 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	1/25 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
1/28 Chicken Alfredo with tri-color pasta Salad Fresh fruit	1/29 *Quiche Peas +Whole wheat bread/butter Fresh fruit	1/30 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	1/31 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	

\*Vegetarian meal

+Whole grain