

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01/07 *Meatloaf (3 oz) *Brown Gravy (1 oz) *Mashed Potatoes (4 oz) *Collard Greens (4 oz) *Biscuit (2 oz) *Whole Apple *8 oz. 1% Milk **Vegetarian Option** *Eggplant & Mozzarella Sandwich	01/08 *Curry Chicken (1 pc) *Cumin Brown Rice (3 oz) *Carrots (3 oz.) *Chic Pea Salad (4 oz.) *Whole Grain Roll (1) *100% Juice *Yogurt **Vegetarian Option** *Curried Tofu (3oz)	01/09 * All Beef Burger (3 oz) * Tater Tots (4 oz) * Broccoli (4oz) *Ketchup & Mustard Packs *Cole Slaw (4 oz) *Whole Grain Bun (2 oz) *1% Milk (8 oz) * Whole Orange (1) **Vegetarian Option** *Garden Burger	01/10 *Chicken Cacciatore (6 oz) *Egg Noodles (4 oz) *Peas (4 oz) *Green Salad (1 cup) *Whole Grain Roll (1) *Fruit Yogurt (6 oz) *100% Fruit Juice **Vegetarian Option** *Hummus w/Vegetables	01/11 *Baked Salmon *Cilantro/Lime Rice Pilaf *Black Bean & Corn Salsa *Kale Salad W/ Grapes *Wheat Dinner Roll *Apple Sauce (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Ratatouille
01/14 *Meat Lasagna (6 oz) *Spinach (4 oz) *Caesar Salad (1 cup) *2 oz. W.W. Dinner Roll *Whole Banana *8 oz. 1% Milk **Vegetarian Option** *Veggie Lasagna (6 oz)	01/15 *Roasted Chicken (1 pc) *Gravy (2 oz) *Baked Beans (4 oz) *Broccoli (4 oz) *Green Salad (1 cup) *100% Fruit Juice (6oz) *Yogurt *Corn Bread (2oz) **Vegetarian Option** *Ratatouille (1 svg)	01/16 *Baked Pork Chop (3oz) *Baked Sweet Potato (1) *Green Beans (3 oz) *Beets (3 oz.) *Diced Mangos *Whole Grain Roll (2 oz) *8 oz. 1% Milk *Vegetarian Option** *Falafel Pita Sandwich	01/17 *Mojito Lime Tilapia (3 oz) *Cucumber, Tomato, Red Onion & Cilantro Salsa *Sandwich Bun (2 oz) *Sliced Beets (4 oz) *Cole Slaw (3 oz) *100% Fruit Juice (6 oz) *Yogurt **Vegetarian Option** * Caribbean Red & Green Lentil Salad	01/18 *Jamaica Jerk Chicken (1pc) *Brown Rice Pilaf (1/2 cup) *Sandwich Bun (2 oz) *Yellow Squash (4 oz) *Whole Grain Roll (1) *1% Milk (8 oz) *Diced Peaches (4 oz) **Vegetarian Option** *Grilled Veggie & Bean Taco
01/21 MARTIN LUTHER KING DAY ALL SITES CLOSED	01/22 *Lemon Caper Chicken (1) *Rice Pilaf (1/2 cup) *Carrots (4 oz) *Green Salad (1cup) *100% Fruit Juice (6 oz) *Yogurt *Whole Grain Roll (1) **Vegetarian Option** *Veggie Stuffed Tomato	01/23 *Beef Burgundy (4 oz.) *Egg Noodles (3 oz.) *Steamed Zucchini (4 oz) *Green Salad (1 cup) *Slice W.W. Bread (1 sl) *Whole Banana (1) *8 oz. 1% Milk **Vegetarian Option** *Veggie Quesadillas (1)	01/24 *Chicken Fajitas (4 oz) *Flour Tortilla (2) *Shredded Lettuce & Tomato(1oz) *Spanish Brown Rice (1/2 cup) *Refried Beans (2 oz) *Green Peas (4 oz) *Yogurt *100% Juice **Vegetarian Option** Veggie, Bean & Cheese Burrito	01/25 *Blackened Fish Filet *Baked Sweet Potato (3 oz) *Okra W/ Tomato (3 oz) *Kale Salad W/ Grapes (1 cup) *Diced Mango (1/2 cup) *W.W. Bun (2 oz.) *8 oz. 1% Milk **Vegetarian Option** * Lentil Salad (3 oz.)
01/28 *Chicken Alfredo (4 oz) *Fettucine Pasta (4oz) *Roast Brussels Sprout(4 oz) *Caesar Salad (1 cup) *Whole Grain Roll (1) *Fruit Cocktail (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Fettucine Alfredo	01/29 *Beef Chili w/ Beans (6 oz.) *Rice Pilaf (4 oz) *Green Salad (1 cup) *Broccoli (4 oz) *W.W. Crackers(2) *100% Fruit Juice (6 oz) *Yogurt **Vegetarian Option** *Veggie & Bean Chili	01/30 *Mediterranean Chicken (1) *Green Salad (1 cup) *Brown Rice (3 oz) *Mediterranean Vegetable (4oz) *Whole Grain Roll (1) *Whole Orange (1) *1% Milk (8 oz) **Vegetarian Option** *Stuffed Portabella Mushroom	01/31 *Flame Broiled Chopped Beef Steak W/ Gravy (1) *Rice Pilaf W/ Veggies (4oz) *Corn *Carrots (4 oz. ea.) *Whole Grain Roll (1) *100% Fruit Juice (6 oz) *Yogurt **Vegetarian Option** *Black Bean Burger	02/01 *Seafood Pasta Salad (6 oz) *White Bean Soup (6 oz) *Green Salad (1 cup) *Whole Wheat Crackers (2) *Whole Grain Roll (1) *Applesauce (4oz) *8 oz. 1% Milk **Vegetarian Option** *Lentil & Mushroom Salad
02/04 *Caribbean Beef Stew (6 oz) *Wild Rice (4 oz) *California Veggies (4 oz) *Whole Grain Roll (1) *Caesar Salad (1 cup) *Pineapple Chunks (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Kidney Bean Stew W/ Veg	02/05 *Oven Fried Chicken *Macaroni & Cheese (4 oz) *Green Salad (1 cup) *Mixed Veggies (4oz) *Whole Grain Roll (1) *100% Fruit Juice (6 oz) *Yogurt **Vegetarian Option** *Chix Less Nuggets (1)	02/06 *Pulled Smokehouse Pork *Southwest Cole Slaw (4oz) *Black Beans And Corn (4oz) *Wheat Bun (2 oz) *8 oz. 1% Milk *Whole Apple **Vegetarian Option** *Eggplant Parmesan (1 cup)	02/07 *Pesto Turkey Meatballs (3oz) *Fettucine W/ Pesto Sauce (4oz) *Broccoli (4oz) *Green Salad (1 cup) *Wheat Dinner Roll (1) *Yogurt *100% Juice **Vegetarian Option** *Cheese Manicotti	02/08 *Oven Baked Fish (1 pc) *Potato Wedges (4 oz) *Sautéed Kale (4 oz) *Wheat Sandwich Bun (1) *Tartar Sauce (1 pkg.) *Diced Pears (4 oz) *8 oz. 1% Milk (1) *Vegetarian Option** *Stuffed Portobello Mushroom
02/11 *BBQ Chicken (3 oz.) *Macaroni & Cheese (4oz) *Cucumber Salad (4 oz) *Carrots (4 oz) *2 oz. W.W. Roll (1) *Fruit Cocktail (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Veggie Burger (1)	02/12 *Spag. W/Meatball (3 pc) *Mixed vegetables (4 oz) *Green Salad (1 cup) *Whole Grain roll (1) *100% Fruit Juice (6 oz) *Yogurt **Vegetarian Option** *Rotini W/ Marinara (8oz)	02/13 *Turkey Breast (3oz) * Gravy (2 oz) *Herb Stuffing (2 oz.) *Green Beans (1/2 cup) *Mashed Potato (1/2 cup) *Green Salad (1 cup) *Corn Bread (1 pc) *8 oz. 1% Milk *Orange (1) **Vegetarian Option** *Jack Fruit Barbecue	02/14 *Beef & Rice Stuffed Pepper (1) *Yellow Squash (4 oz) *Italian Vegetable Blend (4 oz) *Biscuit (2 oz) *Fruit Cocktail (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Lentil & Veggie Stuffed Pepper	02/15 *Tuna Salad (4 oz) *Lettuce & Tomato (1 ea) *White Bean Soup (6 oz) *Marinated Tomato Salad (4 oz) *W.W. Bread (2 slices) *8 oz. 1% Milk (1) *Banana (1) **Vegetarian Option** *Egg Salad