



January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	~ honey mustard bbq chicken ~ "ham" steak (cured turkey) & pineapple <i>fresh baked whole wheat breadstick(s)</i> ~ grilled cheddar cheesewich-n <i>herb roasted sweet potatoes</i> <i>lemony steamed broccoli florets</i> <i>chilled diced pears in juice</i> <i>apple oat bar</i>	~ breaded beef milanese bistro creamy chicken pasta shells <i>fresh baked whole grain roll(s)</i> ~ French bread pizza picks-n <i>Italian vegetable medley</i> <i>Tuscan white bean "soup"</i> <i>Caesar side salad</i> <i>chilled "tropical" fruit</i>	~ breakfast for lunch-n <i>waffles/syrup, egg & sausage patty</i> ~ creole-style baked fish ~ chicken corny dog "home-fry" oven diced potatoes <i>black-eyed peas & greens</i> <i>whole grain "lotsa corn" cornbread</i> <i>fresh seasonal fruit</i>	~ Santa Fe chicken & Jack chalupa ~ cheddar tamale pie-n ~ beef & veggie fajita wrap <i>cilantro black beans</i> <i>New Mexico "green" rice</i> <i>fresh cabbage & lettuce salad with lime dressing</i> <i>jicama orange salad</i> "biscochitos" cinnamon sugar cookies
9	10	11	12	13
Korean "Hot Pot" Beef Steamed Brown Rice & Veggies ~ breaded oven chicken & waffles ~ grilled cheddar cheesewich-n <i>fresh baked whole wheat breadstick(s)</i> <i>seasoned crinkle cut oven fries</i> <i>bbq white beans</i> <i>fresh fruit n' yogurt cup</i> <i>whole grain chip cookie bites</i>	"smothered" country chicken cutlet ~ tomato brown gravy meatballs <i>fresh baked whole wheat roll(s)</i> ~ tomato & mozzarella panini-n "real" mashed potatoes <i>thyme carrots and green peas</i> seasonal fresh fruit peach & brown sugar mini muffins	~meaty rigatoni Bolognese <i>fresh baked tomato parmesan roll(s)</i> ~ Italian grilled chicken hoagie ~ pizza selections by the slice-n <i>steamed rosemary green beans</i> <i>garlic parmesan spinach</i> <i>chopped Italian side salad</i> chilled pears, peaches, and pineapple in juice	~ sweet & sour pineapple beef ~ vegetable lo mein noodles-n ~ teriyaki chicken wings <i>fresh baked sesame breadstick(s)</i> stir-fry vegetable brown rice steamed broccoli & water chesnuts crispy "asian" cole slaw mandarin orange salad	~ baked southwestern talapia ~ chili con carne enchiladas ~ grilled cheese quesadilla-n <i>Tex-Mex red potatoes</i> <i>chunky refried beans</i> <i>leafy taco side salad</i> fresh seasonal fruit cinnamon dusted pastry puff
<p>Offered every day in your cafeteria: at least 3 entrees - multiple sides - fresh fruit - salad bar (most schools) - fresh-made sandwiches (at least three varieties) and salad bowls fruit, cheese, and/or veggie trays - fresh baked muffins, cookies, and other bakery "snacks" - baked chips - milk selections - 100% fruit juice - bottled waters</p>				
16	17	18	19	20
MLK Day	~ spaghetti alla Carbonara ~ eggplant parmesan-n <i>fresh baked garlic whole grain roll(s)</i> ~ kinda' deep dish pizza-n <i>Italian vegetable medley</i> <i>white beans & stewed tomatoes</i> Caesar side salad carrot cake spice bar	~Southern "red" bbq chicken ~ Mac n' four cheese pasta-n <i>fresh baked wheat breadstick(s)</i> ~ skirt steak sandwich/kaiser roll <i>maple orange sweet potatoes</i> steamed lemony broccoli florets fresh kale & spinach side salad baked cinnamon apples	~ savory beef steak & gravy ~ lemon garlic wings <i>fresh baked whole wheat roll(s)</i> ~ baked 3-cheese French loaf-n butter & parsley mashed potatoes yellow squash & green beans chilled peach halves in light syrup chocolate-vanilla swirl yogurt "pudding"	~ a big beef "enchiladarrito" ~ chicken fajita skillet with veggies, tortillas, & cheese ~ cheddar nacho sauce/chips-n rancho pinto beans Spanish-style brown rice leafy taco side salad Tres Leches-like whole grain banana cake
23	24	25	26	27
Huli Huli Hawaiian bbq Chicken Island Potato & Pasta Salad & King Rolls "anything but meat" stuffed burrito ~ charbroiled cheeseburger <i>whole wheat burger bun</i> oven baked potato tots basil peas & carrots burger "salad" (L/T/P) chilled pears, peaches, and pineapple in juice	~ Roman meatballs & sauce ~ alfredo primavera sauce-n <i>whole grain penne pasta side</i> ~ pizza selections by the slice-n parmesan cauliflower/broccoli fresh baked garlic breadstick(s) chopped Italian side salad fresh cut pineapple wedges	~ herb "oven-fried" chicken ~ broccoli cheddar baked potato-n oat n' wheat bread & european butter ~ turkey dog/whole wheat bun cowboy ranch beans lemon pepper green beans chilled diced peaches in syrup blueberry oat mini muffins	~ Mississippi oven brisket ~ garden chili n' cheese-n <i>fresh baked whole wheat roll(s)</i> fresh baked biscuits w/roasted chicken rosemary red potatoes cumin confetti corn fresh sliced seasonal melon baked peaches and whipped topping	~ tropical-style fish tacos ~ shredded chicken nachos ~ grilled cheese quesadilla-n spinach cheddar brown rice seasoned black beans cucumber pico de gallo salad fresh seasonal fruit miniature cinnamon churros
<p>"-n" means non-meat entrée - choose an entrée and 3 sides for your complete plate - menu is always baked and never fried - no pork or peanut on menu - only fresh or frozen vegetables used in our cooking most bread is fresh baked in our kitchens and sent to you (except burger/dog buns and pizza crusts which are always whole wheat/whole grain) - we cook low salt/lower sugar/and mostly low fat</p>				
30	31			
Shanghai Street Noodles (beef) with crispy oven vegetable won tons ~ chicken breast nuggets wild rice & cheese stuffed peppers <i>fresh baked whole wheat breadstick(s)</i> seasoned crinkle cut oven fries steamed tarragon carrots fresh fruit n' yogurt cup whole grain oatmeal cookie	~ homestyle meatloaf & gravy <i>fresh baked whole wheat roll(s)</i> ~ carved turkey/kaiser roll ~ baked 3-cheese French loaf-n "real" mashed potatoes French-style peas with mint fresh spinach side salad fresh red grape bunches			

