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| **January 2019**Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Classroom

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| **Date** | **1** | **2** | **3** |
| **Dec 31** |  |  |  |
| **Jan 1** |  |  |  |
| **Jan 2** |  |  |  |
| **Jan 3** |  |  |  |
| **Jan 4 \*\*** |  |  |  |
| **Jan 7** |  |  |  |
| **Jan 8** |  |  |  |
| **Jan 9** |  |  |  |
| **Jan 10** |  |  |  |
| **Jan 11 \*\*** |  |  |  |
| **Jan 14** |  |  |  |
| **Jan 15** |  |  |  |
| **Jan 16** |  |  |  |
| **Jan 17** |  |  |  |
| **Jan 18 \*\*** |  |  |  |
| **Jan 21** |  |  |  |
| **Jan 22** |  |  |  |
| **Jan 23** |  |  |  |
| **Jan 24** |  |  |  |
| **Jan 25 \*\*** |  |  |  |
| **Jan 28** |  |  |  |
| **Jan 29** |  |  |  |
| **Jan 30** |  |  |  |
| **Jan 31** |  |  |  |
| **Feb 1 \*\*** |  |  |  |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 31../../Desktop/th.jpeg**NO YUMMY LUNCHES** | 1../../Desktop/th-1.jpeg**NO YUMMY LUNCHES** | 2Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitPasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 3Turkey Meatballs, Baked Tater Tots, Fresh FruitVeggie Burger, Baked Tater Tots, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 4Cuban Style Marinated Chicken Brown Rice, w/Mango Salsa, Black Beans, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 7Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh FruitPasta w/Olive Oil, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets Roasted Seasonal Veggies, Fresh Fruit | 8Lean Beef Tacos, Rice & Beans, Fresh FruitVeggie Crumble Tacos, Rice & Beans, Fresh FruitCheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 9Honey Soy Glazed Chicken w/Veggie Fried Rice, Sauteed Veggies, Fresh FruitHoney Soy Glazed Chicken Sandwich, Sauteed Veggies, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 10Veggie Crumble Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh FruitLean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh FruitMac & Cheese, Roasted Sweet Peas, Fresh Fruit | 11Spice Rubbed Chicken w/Israeli Couscous, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

1. Check off your child’s lunch order for each day (select a meal)
2. Every day you have the option of Water, Milk, or Chocolate Milk.
3. Each meal is $4.50. A full menu for the month is
4. Tear off the completed form and **RETURN WITH PAYMENT by Wednesday December 19th.**

Meals x $4.50 =

Paid by: check # or cash

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 14Pasta w/alla Rosa Sauce & Chicken, Roasted Seasonal Veggies, Fresh FruitPasta w/alla Rosa Sauce, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 15Lean Beef & Cheese Burrito, Black Beans, Roasted Veggies, Fresh FruitCheese Burrito, Black Beans, Roasted Veggies, Fresh FruitCheese Tortellini w/Olive Oil, Roasted Veggies, Fresh Fruit | 16Baked Chicken Piccata, Roasted Seasonal Veggies, Fresh FruitGrilled Chicken Sandwich, Roasted Seasonal Veggies Fresh FruitGrilled Cheese, Roasted Rosemary Potatoes, Fresh Fruit | 17Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh FruitBreaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 18Romanesco Lean Beef Sandwich w/Provolone on Cuban Bread, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 21**NO YUMMY LUNCHES** | 22Chicken Penne Alfredo, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Sautéed Broccoli & Garlic, Fresh FruitBaked Quorn Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit | 23Ropa Vieja, Baked Plantains, Brown Rice, Fresh FruitLean Beef Sloppy Joe’s, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 24Maple Mustard Glazed Sliced Turkey, Roasted Veggies, Roll, Fresh FruitMaple Mustard Glazed Turkey Po’ Boy, Roasted Veggies, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | 25Braised Chicken & Cheese Empanadas, Black Beans, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 28Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitPasta Primavera, Roasted Seasonal Veggies, Fresh Fruit | 29Chicken Caprese, Roasted Veggies, Roll, Fresh FruitChicken Caprese (w/o Cheese), Roll, Roasted Veggies, Fresh FruitPasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Veggies, Fresh Fruit | 30Philly Cheesesteak, Roasted Seasonal Veggies, Fresh FruitBBQ Beef Sandwich, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 31Mojo Grilled Chicken w/Black Bean Salsa, Baked Plantains, Brown Rice, Fresh FruitMojo Tofu w/Black Beans Salsa, Baked Plantains, Brown Rice, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 1Lean Beef Cheeseburger, Roasted Veggies, Fresh FruitCheese Pizza, Veggie Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh Fruit |