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| **January 2019**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **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** | 2  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 3  Turkey Meatballs, Baked Tater Tots, Fresh Fruit  Veggie Burger, Baked Tater Tots, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 4  Cuban Style Marinated Chicken Brown Rice, w/Mango Salsa, Black Beans, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 7  Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets Roasted Seasonal Veggies, Fresh Fruit | 8  Lean Beef Tacos, Rice & Beans, Fresh Fruit  Veggie Crumble Tacos, Rice & Beans, Fresh Fruit  Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 9  Honey Soy Glazed Chicken w/Veggie Fried Rice, Sauteed Veggies, Fresh Fruit  Honey Soy Glazed Chicken Sandwich, Sauteed Veggies, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 10  Veggie Crumble Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit  Mac & Cheese, Roasted Sweet Peas, Fresh Fruit | 11  Spice Rubbed Chicken w/Israeli Couscous, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese 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** |
| 14  Pasta w/alla Rosa Sauce & Chicken, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/alla Rosa Sauce, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 15  Lean Beef & Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit  Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit  Cheese Tortellini w/Olive Oil, Roasted Veggies, Fresh Fruit | 16  Baked Chicken Piccata, Roasted Seasonal Veggies, Fresh Fruit  Grilled Chicken Sandwich, Roasted Seasonal Veggies Fresh Fruit  Grilled Cheese, Roasted Rosemary Potatoes, Fresh Fruit | 17  Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 18  Romanesco Lean Beef Sandwich w/Provolone on Cuban Bread, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 21  **NO YUMMY LUNCHES** | 22  Chicken Penne Alfredo, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit  Baked Quorn Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit | 23  Ropa Vieja, Baked Plantains, Brown Rice, Fresh Fruit  Lean Beef Sloppy Joe’s, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 24  Maple Mustard Glazed Sliced Turkey, Roasted Veggies, Roll, Fresh Fruit  Maple Mustard Glazed Turkey Po’ Boy, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 25  Braised Chicken & Cheese Empanadas, Black Beans, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

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