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| **January 2020**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | **4** | **5** | | **Dec 30** |  |  |  |  |  | | **Dec 31** |  |  |  |  |  | | **Jan 1** |  |  |  |  |  | | **Jan 2** |  |  |  |  |  | | **Jan 3 \*\*** |  |  |  |  |  | | **Jan 6** |  |  |  |  |  | | **Jan 7** |  |  |  |  |  | | **Jan 8** |  |  |  |  |  | | **Jan 9** |  |  |  |  |  | | **Jan 10 \*\*** |  |  |  |  |  | | **Jan 11** |  |  |  |  |  | | **Jan 12** |  |  |  |  |  | | **Jan 13** |  |  |  |  |  | | **Jan 14** |  |  |  |  |  | | **Jan 15 \*\*** |  |  |  |  |  | | **Jan 20** |  |  |  |  |  | | **Jan 21** |  |  |  |  |  | | **Jan 22** |  |  |  |  |  | | **Jan 23** |  |  |  |  |  | | **Jan 24 \*\*** |  |  |  |  |  | | **Jan 27** |  |  |  |  |  | | **Jan 28** |  |  |  |  |  | | **Jan 29** |  |  |  |  |  | | **Jan 30** |  |  |  |  |  | | **Jan 31 \*\*** |  |  |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 30  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Low Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 31A picture containing traffic, light, stop, sky  Description automatically generatedA picture containing wall, indoor  Description automatically generated | A picture containing clipart  Description automatically generated | 2  Turkey Meatballs, Baked Tater Tots, Fresh Fruit  Veggie Crumble Meatballs w/Tomato Sauce, Baked Tater Tots, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 3  Beef & Broccoli Stir Fry, “Fried” Rice w/Vegetables, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit |
| 6  Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 7  Turkey Tacos, Rice & Beans, Fresh Fruit  Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 8  Honey Soy Glazed Chicken w/Lo Mein Noodles, Sautéed Veggies, Fresh Fruit  Honey Soy Glazed Chicken Sandwich, Sautéed Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 9  Lean Beef Burger, Roasted Sweet Peas, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit  Mac & Cheese, Roasted Sweet Peas, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 10  Spice Rubbed Chicken w/Israeli Couscous, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, 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 **$103.50**
4. Tear off the completed form and **RETURN WITH PAYMENT by Wednesday December 18th.**

Meals x $4.50 =

Paid by: check # or cash

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 13  Pasta w/ alla Rosa Sauce & Chicken, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 14  Cheese Lasagna, Roasted Seasonal Veggies, Fresh Fruit  Mexican Lasagna, Roasted Seasonal Veggies, Fresh Fruit  Breakfast for Lunch--Egg & Cheese Bagel, Lyonnaise Potatoes, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 15  Ropa Vieja, Roasted Seasonal Veggies, Brown Rice, Fresh Fruit  Chipotle Shredded Beef Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 16  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 Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 17  Chicken Parm Sub Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit |
| 20  *Pasta Puttanesca w/Chicken, Roasted Seasonal Veggies, Fresh Fruit*  *Lean Beef Burger, Roasted Seasonal Veggies, Fruit*  *Garden Burger, Roasted Seasonal Veggies, Fresh Fruit*  *Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit*  *MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit*  Image result for martin luther king jr day clipart | 21  Baked Chicken Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit  Baked Quorn Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 22  Baked Chicken Piccata, Roasted Seasonal Veggies, Fresh Fruit  Grilled Chicken Sandwich, Roasted Seasonal Veggies Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 23  Maple Mustard Glazed Sliced Turkey, Roasted Seasonal Veggies, Roll, Fresh Fruit  Maple Mustard Glazed Turkey Po’ Boy, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 24  Braised Chicken & Cheese Empanadas on a Bed of Brown Rice, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 27  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 28  Chimichurri Chicken w/Spanish Rice, Roasted Seasonal Veggies, Fresh Fruit  Chimichurri Quinoa Cakes w/Spanish Rice, Roasted Seasonal Veggies, Fresh Fruit  Chimichurri Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 29  Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit  Sesame Ginger Beef & Long Bean Stir Fry, Lo Mein Noodles, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 30  Mojo Grilled Chicken w/Black Bean Salsa, Roasted Seasonal Veggies, Brown Rice, Fresh Fruit  Jerk Chicken Sandwich, Plantain Chips, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 31  Mexican Carne Asada w/Pico de Gallo, Spanish Rice, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit  MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit |