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| **January 2020**Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Classroom

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| **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** |
| 30Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitLow Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO 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 | 2Turkey Meatballs, Baked Tater Tots, Fresh FruitVeggie Crumble Meatballs w/Tomato Sauce, Baked Tater Tots, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 3Beef & Broccoli Stir Fry, “Fried” Rice w/Vegetables, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit |
| 6Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 7Turkey Tacos, Rice & Beans, Fresh FruitCheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh FruitCheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 8Honey Soy Glazed Chicken w/Lo Mein Noodles, Sautéed Veggies, Fresh FruitHoney Soy Glazed Chicken Sandwich, Sautéed Veggies, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 9Lean Beef Burger, Roasted Sweet Peas, Fresh FruitLean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh FruitMac & Cheese, Roasted Sweet Peas, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 10Spice Rubbed Chicken w/Israeli Couscous, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO 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** |
| 13Pasta w/ alla Rosa Sauce & Chicken, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 14Cheese Lasagna, Roasted Seasonal Veggies, Fresh FruitMexican Lasagna, Roasted Seasonal Veggies, Fresh FruitBreakfast for Lunch--Egg & Cheese Bagel, Lyonnaise Potatoes, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 15Ropa Vieja, Roasted Seasonal Veggies, Brown Rice, Fresh FruitChipotle Shredded Beef Sandwich, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 16Baked 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 Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 17Chicken Parm Sub Sandwich, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO 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 | 21Baked Chicken Nuggets, Sautéed Broccoli & Garlic, Fresh FruitBaked Quorn Nuggets, Sautéed Broccoli & Garlic, Fresh FruitCheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 22Baked Chicken Piccata, Roasted Seasonal Veggies, Fresh FruitGrilled Chicken Sandwich, Roasted Seasonal Veggies Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 23Maple Mustard Glazed Sliced Turkey, Roasted Seasonal Veggies, Roll, Fresh FruitMaple Mustard Glazed Turkey Po’ Boy, Roasted Seasonal Veggies, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit | 24Braised Chicken & Cheese Empanadas on a Bed of Brown Rice, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh FruitSun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh FruitMYO Turkey Stackers, Veggies & Hummus, Fresh Fruit |

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