



**1ST TO 12TH GRADE SCHOOL LUNCH MENU
JANUARY 2020**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
DECEMBER 30 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	DECEMBER 31 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	JANUARY 1 NO SCHOOL 	JANUARY 2 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices White beans soup Mushroom soup	JANUARY 3 Whole Wheat Pizza Bagel, Veggie pizza bagel or Tuna sub Sweet potato fries Apple Slices Carrot soup Lentil soup
JANUARY 6 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	JANUARY 7 NOON DISMISSAL FAST OF TEVET 	JANUARY 8 Chicken tender or Turkey sub French fries Pineapple Chunks Minestrone soup Red beans soup	JANUARY 9 Cheese Quesadilla Black Beans / Guacamole and Tricolor chips Or Tuna Sub Fruit Carrot soup Lentil soup	JANUARY 10 Mac and Cheese OR Tuna Sub Steam brocolini Orange Wedges White beans soup Mushroom soup
JANUARY 13 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	JANUARY 14 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	JANUARY 15 Penne pasta w/ meat sauce or Turkey sub Garlic bread Steam brocolini Fruit Minestrone soup Red beans soup	JANUARY 16 NOON DISMISSAL	JANUARY 17 NO SCHOOL 
JANUARY 20 NO SCHOOL 	JANUARY 21 NO SCHOOL 	JANUARY 22 NO SCHOOL 	JANUARY 23 NO SCHOOL 	JANUARY 24 NO SCHOOL 
JANUARY 27 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	JANUARY 28 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	JANUARY 29 Chicken tender or Turkey sub French fries Pineapple Chunks Minestrone soup Red beans soup	JANUARY 30 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices White beans soup Mushroom soup	JANUARY 31 Baked Ziti OR Tuna Sub Garlic Bread Green Beans Pineapple chunks White beans soup Mushroom soup

Note: All pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.



ECE SCHOOL LUNCH MENU

JANUARY 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
DECEMBER 30 Chicken tender or Turkey sub French fries Pineapple Chunks	DECEMBER 31 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges	JANUARY 1 NO SCHOOL 	JANUARY 2 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices	JANUARY 3 Soy nuggets White rice Black Beans Or Tuna Sub Fruit
JANUARY 6 Chicken tender or Turkey sub French fries Pineapple Chunks	JANUARY 7 NOON DISMISSAL FAST OF TEVET 	JANUARY 8 Chicken grill/ Yellow rice or Turkey Sub Green beans Fruit	JANUARY 9 Baked Ziti OR Tuna Sub Garlic Bread Green Beans Pineapple chunks	JANUARY 10 Mac and Cheese OR Tuna Sub Steam brocolini Orange Wedges
JANUARY 13 Chicken tender or Turkey sub French fries Pineapple Chunks	JANUARY 14 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges	JANUARY 15 Penne pasta w/ meat sauce or Turkey sub Steam brocolini Fruit	JANUARY 16 NOON DISMISSAL	JANUARY 17 NO SCHOOL 
JANUARY 20 NO SCHOOL 	JANUARY 21 NO SCHOOL 	JANUARY 22 NO SCHOOL 	JANUARY 23 NO SCHOOL 	JANUARY 24 NO SCHOOL 
JANUARY 27 Chicken tender or Turkey sub French fries Pineapple Chunks	JANUARY 28 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges	JANUARY 29 Penne pasta w/ meat sauce or Turkey sub Steam brocolini Fruit	JANUARY 30 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices	JANUARY 31 Soy nuggets White rice Black Beans Or Tuna Sub Fruit

Note: All pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.