







**School Lunch Menu  
1ST TO 12TH GRADE  
JANUARY 2019**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>DECEMBER 31</b> Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	<b>JANUARY 1</b>  <p align="center"><b>NO SCHOOL</b></p>	<b>JANUARY 2</b> Grilled Chicken Breast and yellow/brown Rice Turkey or salami Sub Cauliflower Pineapple Chunks Minestrone soup Red beans soup	<b>JANUARY 3</b> Baked Ziti OR Tuna Sub Garlic Bread Green Beans Pineapple chunks White Bean soup Mushroom soup	<b>JANUARY 4</b> Cheese Ravioli OR Tuna Sub Steamed Broccoli Ceasar salad Pear Slices Carrot Soup Lentil soup
<b>JANUARY 7</b> Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	<b>JANUARY 8</b> Cheese Pizza Or Tuna Sub Tomato and Cucumber salad Orange Wedges Split peas soup Potato soup	<b>JANUARY 9</b> Chicken Chinese rice egg rolls turkey sub Green Beans Spa Water Minestrone soup Red beans soup	<b>JANUARY 10</b> Spiral Pasta Alfredo Tuna Sub Caesar Salad Peas & Carrots Peach slices White Bean soup Mushroom soup	<b>JANUARY 11</b> Whole Wheat Pizza Bagel or Tuna sub Sweet Potato Fries Broccoli Apple Slices Carrot Soup Lentil soup
<b>JANUARY 14</b> Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	<b>JANUARY 15</b> Cheese Pizza Or Tuna Sub Tomato and Cucumber salad Orange Wedges Split peas soup Potato soup	<b>JANUARY 16</b> Chicken Lo mein Turkey or Salami Sub Couscous Turkey or salami sub Pineapple Chunks Minestrone soup Red beans soup	<b>JANUARY 17</b>  <p align="center"><b>Noon Dismissal</b></p>	<b>JANUARY 18</b> 
<b>JANUARY 21</b> 	<b>JANUARY 22</b> 	<b>JANUARY 23</b> 	<b>JANUARY 24</b> 	<b>JANUARY 25</b> 
<b>JANUARY 28</b> Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	<b>JANUARY 29</b> Cheese Pizza Or Tuna Sub Tomato and Cucumber salad Orange Wedges Split peas soup Potato soup	<b>JANUARY 30</b> Chicken tender or Turkey or salami sub French fries Corn on the cob Pineapple Chunks Minestrone soup Red beans soup	<b>JANUARY 31</b> Mac and Cheese OR Tuna Sub Caesar Salad Orange Wedges White Bean 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.

