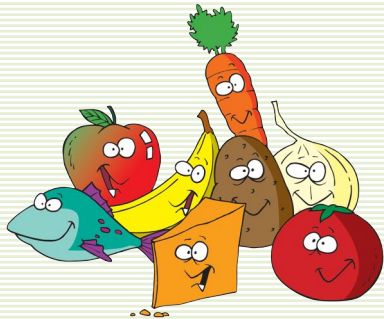


**LUNCHEON CALENDAR  
JANUARY 2019**

**Whole Milk/1%  
Served Daily**

**A Healthy &  
Diverse School  
Lunch Program**

Email:  
[getsolutions@optonline.net](mailto:getsolutions@optonline.net)



Fruit & Vegetable Selections  
subject to change pending  
availability

	<b>1</b> HAPPY NEW YEAR!	<b>2</b> Baked Ziti Broccoli Bananas	<b>3</b> Grilled Chicken over Rice Peas, Carrots, Corn Orange Slices	<b>4</b> Cheese Pizza Green Beans Melon
<b>7</b> Quesadillas! Chicken & Cheese or Just Cheese Corn Apple Slices	<b>8</b> Pasta Bolognese Broccoli Melon	<b>9</b> Ham & Cheese Melts on Whole Wheat Bread Garden Salad with Tomatoes & Cucumbers, Dressing Bananas	<b>10</b> BBQ Chicken Or BBQ Grilled Tofu with Cornbread Baked Beans Orange Slices	<b>11</b> Cheese Pizza Green Beans Melon
<b>14</b> Pancakes with Syrup <i>Choice of</i> Turkey Sausage or Veggie Patty Corn Apple Slices	<b>15</b> Chicken Hotdogs Potato Salad Melon	<b>16</b> Spaghetti Marinara with Turkey Meatballs <i>or</i> Veggie Balls Baked Ziti Broccoli Bananas	<b>17</b> Chicken Nuggets Mashed Potato Peas, Carrots, Corn Orange Slices	<b>18</b> Cheese Pizza Green Beans Melon
<b>21</b> MLK Jr. DAY	<b>22</b> Mac 'N Cheese Broccoli Apple Slices	<b>23</b> Fish Sticks Or Pink Navy Beans Both served with Tomato-Infused Rice Cauliflower Bananas	<b>24</b> Chicken Noodle or Cream of Broccoli Soup Each with ½ Whole Wheat Cheese Sandwich Orange Slices	<b>25</b> Cheese Pizza Green Beans Melon
<b>28</b> Lemon Chicken <i>or</i> Herbed Lemon Tofu Both served over Rice Broccoli Peaches	<b>29</b> Waffles with Syrup <i>Choice of</i> Turkey Sausage or Veggie Patty Baked Apples Melon	<b>30</b> Grilled Turkey & Cheese on Whole Wheat Bread Garden Salad with Tomatoes & Cucumbers, Dressing Bananas	<b>31</b> Quesadillas! Chicken & Cheese or Just Cheese Corn Orange Slices	